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City tired of bearing transit cost

GREEN LINE

Council thinks up ways to make suburbs pay in

Helen Pike
Metro | Calgary

Green Line talks have spurred a conversation on how to better cash in on outsiders who use city services — they're looking at you, Okotoks and Airdrie.

On Wednesday, city councillors toyed with the idea of having a mechanism in place to charge those who may use the Green Line from outside city limits, as there may be more commuters who don't help subsidize rides.

"One of our challenges when we start looking at the city providing transit to people who live outside of the city is that essentially our tax base is subsidizing someone else," said Coun. Brian Pincott at the transportation meeting. "We are the only province where the government doesn't participate in supporting the operation of transit."

According to transportation boss Mac Logan, talks are underway. "That's part of the city charters conversation about the regional nature and the regional benefit and the need for the province to help us," said Logan.

"I think there's better ways to do it than to legislate municipalities the ability to charge other outside individuals," said Coun. Shane Keating. "But there has to be some way, more of a global contribution to these expenses rather than just the City of Calgary bearing all the expenses."

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What to do with the surplus?

BUDGET

Infrastructure spending now could mean tax savings later

Brodie Thomas
Metro | Calgary

Infrastructure work is one of the two main ideas being tossed about on the city's budget surplus. The other option is a tax rebate or rate freeze. JENNIFER FRIESEN/METRO

$6

The amount taxpayers could expect to save on their home per month with a $54 million rebate.

It's like 2013 all over again.

Taxpayers and political junkies alike may remember the newly minted council receiving word of a $52-million surplus.

At that time, council delivered it back to taxpayers in the form of a rebate on their 2014 tax bill.

Now, council is in much the same boat. The city reported an $86-million surplus Monday. About $32 million has been set aside for a contingency fund for budgeting shortfalls, leaving $54 million for council to decide on.

Given the state of the economy, no councillors who spoke with Metro suggested the money should be socked away for a rainy day.

That leaves two obvious choices as to what to do with the money: Spend it on infrastructure, or give it back to the taxpayers.

Coun. Andre Chabot said the lesson learned in 2013 was that the rebate came back to bite taxpayers.

"When we used that to offset the increase in the one year, it ended up being a double whammy in the following year," said Chabot, explaining that tax bills jumped for most people in 2015 and they weren't expecting that.

He thinks there's a way citizens could have their cake and eat it, too. He said the money could be put into capital projects that are funded under the pay-as-you-go model, which Chabot said comes from the taxpayer base.

> **When we used that to offset the increase in the one year, it ended up being a double whammy in the following year.** Coun. Andre Chabot

"Rather than increase the pay-as-you-go funding for new projects that are envisioned by administration, we either freeze the pay-as-you-go stuff, or take off some of those projects that we had specifically dedicated pay-as-you-go funding for, and then reduce the tax rate accordingly," he said.

Metro asked several councillors which of the current projects underway in the city are pay-as-you-go. They couldn't point to anything specific.

Other councillors still would rather see the money go back to taxpayers. Coun. Sean Chu thinks the unexpected jump on tax bills won't happen this time around because city manager Jeff Fielding has promised ongoing savings through efficiencies.

"Now, it's not going to be like that, in my opinion," said Chu.

The average home would see about $6 per month off their tax bill on a $54-million rebate.

Halia Valladares Montemayor, an economist at Mount Royal University, said infrastructure spending is definitely the wisest move in a growing city.

"There is still a lot needed — if you don't put the money in right now, later on it's going to be too late," she said. "Also, it's easier to invest it in something that we all know is needed than in the future try to collect taxes from people for special projects."

Valladares Montemayor said the tax rebate is not a bad move either since the majority of Calgarians own their homes, but it wouldn't be her first choice.

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City seeks Green Line commitment

TRANSIT

NDP's position could force project to be built in phases

Helen Pike
Metro | Calgary

City of Calgary administration is asking government officials to show them the money.

The government is the Green Line's biggest roadblock so far. During a committee presentation Wednesday, repeated references to funding uncertainty showed a worrying pattern. If the city doesn't see some action by October 2016, city officials will have to walk back on construction targets and opt for a phased approach to construction.

So far, the $4.5-billion project is being funded one-third by the City of Calgary, with a nod from the federal government, who have committed funding as well. To tally it up, the city has put in $1.56 billion, the federal government has committed $1.53 billion.

The City of Calgary will have to start having serious talks about tackling the Green Line project phases if the provincial government doesn't step up with a commitment. COURTESY CITY OF CALGARY

As for the province — cue the tumbleweeds.

"Within six months, the province has to come out and say yes or no," said Coun. Shane Keating.

The city has already approved a report outlining which parts of the Green Line will be started first. Keating said a maintenance facility, which is set to be located in the south, and the downtown core should be in the first phase of construction.

Administration suggested these uncertain funding conundrums will possibly push the city's ideal start date for construction. But Keating suggested these types of hiccups are already built into plans.

> **Within six months, the province has to come out and say yes or no.**
> Coun. Shane Keating

"By the time we're ready to actually send out the tenders, I think all concerns will be by the wayside," he said.

It doesn't look like a firm funding commitment will come with the budget, but Keating said he's not concerned.

City council has officially requested guidance from the province on how to execute their third of the funding. Mayor Naheed Nenshi wrote the transportation minister a letter.

On Feb. 25 the minister of transportation, Brian Mason, made a visit to Calgary and announced the last wad of Green Trip funding. With him and Nenshi in the same room, Mason gave the mayor a preview of the government's response.

"We're very interested in supporting you, we have difficult financial circumstances. We want to work with you to find a way to get this done," Mason said in February.

When pushed on whether that meant there's cash in the cards for Calgary's Green Line the minister said he wasn't prepared to comment.

The staging discussion may become more serious in May, according to the committee.

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IN BRIEF

Kelowna drug pipeline to Calgary shut down

As many as 100,000 fentanyl tablets per month may have made their way to Calgary from two recently dismantled Kelowna drug operations, police said.

Kelowna RCMP raided two locations March 2, the culmination of a months-long investigation into suspected drug operations. They found two industrial pill presses along with various drug-making chemicals, including powder that's suspected to be fentanyl.

According to Calgary police, information obtained during the investigation suggests that these operations were shipping as many as 100,000 fentanyl tablets per month to Calgary.

Three people from Kelowna and one from Calgary have been arrested in connection with the investigation.

The Calgary man, 25, hasn't yet been named as formal charges haven't been sworn in court. METRO

City on shortlist to be Ultimate Sports City

Calgary has been shortlisted for the "Ultimate Sports City" Award.

Cowtown is competing with nine other cities for the designation, including London, Los Angeles, Melbourne, New York and Tokyo.

"This recognition is well deserved", said Murray Sigler, Executive Director and CEO of Sport Calgary, "both for Calgary and for the Calgary Sport Tourism Authority, whose tireless work makes Calgary a perennial destination for national and international sport events." METRO

The southwest BRT project has faced many questions by grassroots group Ready to Engage, who aren't sure the project is up to snuff.
METRO FILE

Pipeline a concern for BRT project

INFRASTRUCTURE

Group looking for details on the impact on area homes

Helen Pike
Metro | Calgary

The City of Calgary has been having a gas with the southwest BRT project.

For the first time since public discourse on the SWBRT project was halted, Ready to Engage and city councillors came head to head. On Wednesday, a transportation committee meeting gave way to a rare opportunity for the group to have a public platform with elected officials and city staff. And it wasn't as heated as you might think.

The group's latest talking point underlines major concerns this week are over an ATCO gas line that's up for replacement in 2018.

Coun. Dianne Colley-Urquhart will be meeting with ATCO on Monday to talk about the company's timeline for replacing the high pressure gas and oil lines with low pressure lines.

"They intend to do it," said Colley-Urquhart. "There's no way in hell's half acre that we're going to rip up 14 Street twice in order to replace those lines, which they have the jurisdiction to do, and the authority over us to do, and then having us ripping up the road to put a BRT in. That to me today is the most important issue that we need to deal with and get answers to."

> **"There's no way in hell's half acre that we're going to rip up 14 Street twice in order to replace those lines.**
> Coun. Diane Colley-Urquhart

Members from Ready to Engage told councillors they were concerned with the acceleration of the project — among other questions still left unanswered.

"There's a lot of questions, and we said we don't think there's any possibility these questions can be answered in the next two to three months," said Ready To Engage member Gerry McAllister. "We've asked for a proper scope of the project, detailed information that lets us know how our lives and our homes are going to be impacted by this."

Coun. Druh Farrell's line of questioning during the committee meeting suggested she's uncertain the group will ever be satisfied with answers.

But McAllister assured her, if the city rattles off responses to their laundry list of questions they will be satisfied.

PUBLIC WORKERS

Unions may get more power

Jeremy Simes
For Metro | Calgary

Unions could theoretically have the upper hand in upcoming negotiations with the government should a proposed labour bill pass, says a University of Calgary professor.

On Tuesday, Alberta Labour Minister Christina Gray presented Bill 4, which gives public workers in areas previously considered essential services — like nurses, paramedics and correctional officers — the right to strike in Alberta, but they must first negotiate the conditions of any job action.

As the United Nurses of Alberta (UNA) enters labour negotiations with the government in January, Stefan Staubli, assistant professor at the University of Calgary, specializing in labour economics said unions could threat to strike if their demands aren't met.

"They can use it as an instrument to pressure (the other party)," he said. "But it could also be an empty threat."

However, he said unions are less likely to strike during economic downturns, adding strikes are more likely when wage increases aren't on the table.

David Harrigan, UNA director of labour relations, said he thinks unions won't have an upper hand.

Instead, the new law means both parties will now negotiate seriously, he said.

"The problem with outlawing strikes and saying that hey can't happen makes it easy for a party to not be terribly serious when they go into bargaining," he said.

Minister Gray agreed with Harrigan, emphasizing both parties aren't eager for a strike.

PROVINCE

Ex-U.S. exec to help wean Alberta off coal

Alberta has hired a retired U.S. electricity executive to work with industry to draw up a plan to move the province off coal-fired electricity generation.

Economic Development Minister Deron Bilous announced Wednesday that Terry Boston will be paid up to $600,000 and will report by September.

"I'm confident that Mr. Boston will be tough but fair, recognizing the need to protect consumers, taxpayers, workers and communities while respecting the need to provide certainty and fairness to both companies and their investors," Bilous told reporters at the legislature.

Boston, who is from Tennessee, recently retired as head of PJM Interconnection, the second-largest centrally dispatched power system in the world.

"He is the best in the business and this is why we wanted to bring him on as a facilitator," said Bilous.

As part of its climate change plan, Alberta is shutting down coal-fired electricity generation by 2030 to reduce greenhouse-gas emissions.

Twelve of Alberta's 18 coal-fired generating units are expected to be shut down by then, so Boston's focus will be on the remaining six.

By 2030, the plan is to have two-thirds of Alberta's coal generation capacity replaced by renewable energy. One-third will be replaced by natural gas.

There are eight coal mines operating in Alberta. Five mines produce coal for the province's electricity sector.

Wildrose Leader Brian Jean said he is skeptical of the outcome.

"No matter what happens, no matter who is directing traffic as far as what amount is going to be paid, we know that consumers are ultimately going to have it all downloaded on them," said Jean.

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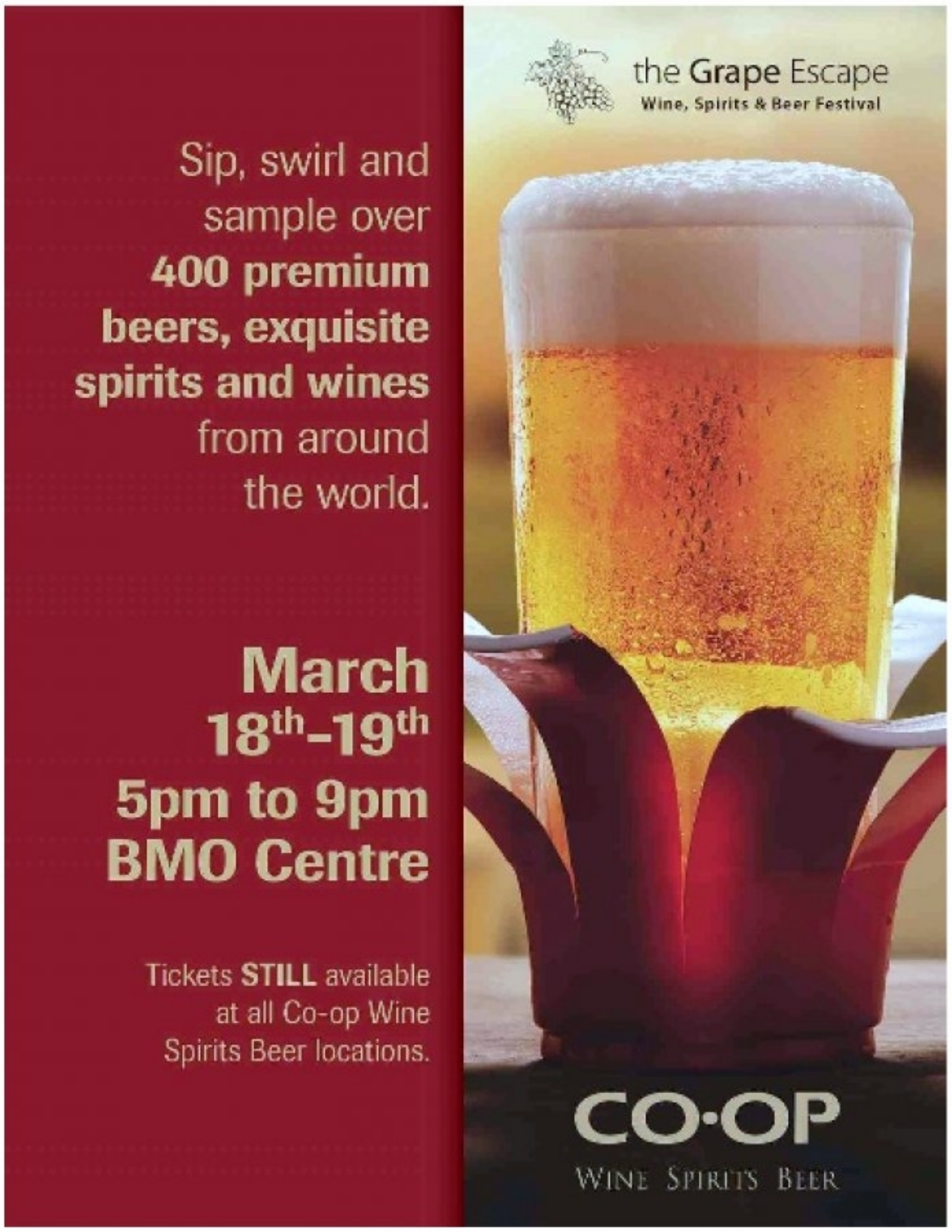

Calgarians will get the chance to once again slip and slide on city streets. METRO FILE

Slide the City is back for summer

EVENT

Kinks worked out, it's bound to be better, and wetter

Lucie Edwardson
Metro | Calgary

For the second year in a row, Slide the City is making a stop in Calgary, and this year, they said they hope they've ironed out any kinks that might have put a damper on the wet-and-wild event.

The second annual event is set to hit Calgary for a two-day stint July 30 and 31. Amy Gessel, public relations director for Slide the City, said they're looking forward to returning to Calgary.

"We love coming to the Canadian events," said Gessel. "People are so nice, even last year when we had to make a few changes people were really understanding and just excited about the event in general."

Ashley Bélanger said last year she and her family bought three VIP passes thinking they would get all-day sliding, but as the event drew closer, things began to change.

"We were told we would only be able to go for a short amount of time," she said. "We were really disappointed because we had spent a lot of money and were really looking forward to it."

Gessel said they have made changes to fix that issue.

"Last year the biggest thing that we were worried about was capacity of the slide, which is why we implemented wave times so people wouldn't have to wait as long — but we did it a little late," she said. "This year when people sign up, they'll sign up for a wave time. That way we can control the capacity and we'll know exactly which sliders are sliding."

Bélanger said she and her family were able to get a refund from Slide the City when it was made clear their expectations wouldn't be a reality.

She said she hopes this year they have a more realistic game plan for the event.

For more information or to buy tickets, visit slidethecity.com.

> **This year when people sign up, they'll sign up for a wave time. That way we can control the capacity.** Amy Gessel, Slide the City

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Couple wakes to shotgun blasts

SPRINGBANK

Pair hopes it was mistaken identity, won't happen again

Lucie Edwardson
Metro | Calgary

A Springbank couple awoke Wednesday morning after hearing loud noises in their home. Thinking it was just dishes falling over by the kitchen sink, they went to investigate.

Much to their surprise, shotgun blasts had peppered their home, shattering glass and damaging their front door.

"Usually we have a bunch of magnets on our door, and they were all over the ground," said the homeowner, who asked his name not be used. "We thought we'd take a look and we opened the door just a crack, and I was shocked: There was nothing but bullet holes on the front door."

Police have confirmed they were called to a home in the 0-100 block of Springbank Mews S.W. just before 6 a.m. after receiving reports of shots fired. The guns-and-gangs unit is now investigating.

According to police, neither the couple nor residence was previously known to them.

The couple believes two shotgun blasts struck their front door, causing what looks like dozens of small dents, one blast hit the siding of their home and another broke an upstairs window, sending shattered glass into the den.

"There was just glass everywhere in the stairs," he said. "I thought, 'Holy crap.' The glass was all blown out, so at that point we just hurried back to our room, shut the door and called 9-1-1."

His wife said the entire situation was chilling.

"It's terrifying," she said. "You hear about it on the news from time to time but you just never expect it to happen to you."

The couple said they aren't sure they will spend the night there Wednesday.

"It's scary," said the husband. "We just don't feel very safe. We're hoping it was just a case of mistaken identity and they won't come back."

The homeowner of a residence in Springbank points to the damage on the front door after it was struck by shotgun blasts early Wednesday morning. LUCIE EDWARDSON/METRO

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Searching for answers one year later

Anthony Heffernan
CONTRIBUTED

CRIME

Family unable to grieve on anniversary of shooting death

Lucie Edwardson
Metro | Calgary

One year after a Calgary man was killed in a confrontation with police, family say it's been hard for them to properly grieve his death.

On March 16, 2015, Anthony Heffernan was fatally shot by a Calgary police officer on a call for service after Heffernan failed to check out of his motel room on time and appeared agitated when police arrived.

Heffernan was apparently shot four times by police, three times in the head and once in the chest.

Alberta Serious Incident Response Team (ASIRT) is currently investigating the circumstances surrounding Anthony's death, and whether or not the police officer who shot him used appropriate force — or will face charges in relation to his death.

"The hardest part, obviously, is not having Anthony here," said his brother, Grant Heffernan. "It's really difficult to grieve when the investigation is still ongoing."

Grant told Metro that memories of the day Anthony died flooded back Wednesday.

"Being woken up by two officers banging on the door at three in the morning and ringing the doorbell to tell us what happened — it's tough," he said. "Then having to call my parents and tell them what happened — those are memories I will never forget."

Grant said the Heffernan family is hoping ASIRT will announce the findings of their investigation into Anthony's death in the coming weeks — so that their family can begin to move forward and find some closure.

Family and friends will be gathering Wednesday to attend a mass in Anthony's honour followed by a small celebration.

Traci Rhyason and her son, Leland, have both faced sleep deprivation after Leland's last chemotherapy treatment.
JEREMY SIMES / FOR METRO

HEALTH

Research targets lack of sleep in cancer survivors

Jeremy Simes
For Metro | Calgary

Leland Rhyason wasn't always the best sleeper but, when he finished his last chemotherapy treatment for leukaemia in 2014, it became much harder for him to snooze.

So, in an effort to get him back on better sleep schedule, Rhyason participated in a study — conducted jointly by Alberta Health Services and the University of Calgary — that lets researchers better understand sleep deprivation in cancer patients and families after treatment.

Leland's mom, Traci, said he was diagnosed after a trip to the hospital for his bloody nose.

"It's unbelievable — you can't process it when it first happens," she said. "You immediately start Googling to see if that's what your child has."

Leland also felt stunned: "It's a very scary thing."

And although he's finished treatment, Leland wakes up three or four times per night.

Dr. Fiona Schulte, co-investigator and an AHS psychologist with the Alberta Children's Hospital Research Institute, said children's sleep patterns are often disrupted while they're in hospital.

She said reasons for poor sleep schedules after treatment include: the effects of chemotherapy; the need for workers to wake children to monitor their conditions; the increase in time watching TV or playing with tablets; and the possibility of upped stress levels.

Researchers are looking for other participants to sign up for the study at familysleepstudy.com.

PUBLIC TRANSPORTATION

Calgary Transit seeks ways to fund low-income pass

Calgary Transit is looking for compensation to help keep up their low-income pass program.

According to Neil McKendrick, coordinator of Strategic Transit Planning, Calgary Transit doles out over $20 million to the program and has no way to recover costs. This was one of the many qualms raised during a transportation committee meeting on Wednesday.

"Our transit fares are not keeping pace with our operating costs," McKendrick said. "There's about an eight per cent gap per year, in terms of revenues."

McKendrick added that subsidies for low income passes is money Calgary Transit can't spend on service improvement — Calgary Transit's primary goal. HELEN PIKE/METRO

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Pros help funding effort

MOUNT ROYAL COUGARS

Roughnecks, Stamps shoot hoops in aid of heart monitor

Jennifer Friesen
For Metro

Trading in his helmet for a Cougars jersey, the Calgary Stampeders' Rob Cote tipped off against Mount Royal University's women's basketball team on Wednesday.

The Stampeders joined members of the Calgary Roughnecks lacrosse team for a pickup game, to help shed some light on the Cougars' first crowdsourcing campaign.

Through a platform called USEED.org, the team is raising money to purchase state-of-the-art heart rate monitors to boost players' training.

"We want to raise awareness so hopefully they can raise some funds…to help them excel and take their program to the next level," said Cote.

Stampeders back Rob Cote with Angela Driscoll, Cougars' captain. JENNIFER FRIESEN / FOR METRO

The Polar Team Pro System tracks the athletes' performance and recovery in real-time, so students and coaches can better understand their fitness levels and improve their training.

> **We're always looking to add to the visibility of women's sports.**
> Cougar coach Nate McKibbon

"A lot of professional teams use these heart monitors, and we've seen it work for them," said Angela Driscoll, captain of the Cougars female basketball team.

"This way, not just the coaches can see what we're doing, but we can also see what we're doing, as players. I think it will allow us to perform more efficiently and effectively."

The Polar Team Pro System is currently used by three NBA teams and more than 50 National Collegiate Athletic Association schools. Now, having raised 53 per cent of their $10,000 fundraising goal, the Cougars are halfway to becoming the first Canadian post-secondary school to implement the system.

The Stamps took the win on Wednesday, with a few slam dunks and a score of 40-35, but the Cougars left with no hard feelings.

"(The Stampeders) wouldn't be where they are if they weren't great athletes and incredible competitors," said Nate McKibbon, head coach of the women's basketball team.

"We're always looking to add to the visibility to women's sports, specifically women's basketball. So we're really going to use this as a springboard to promote our program and women's basketball in general."

IN BRIEF

Former pastor charged with child luring

An ex-pastor at Meewasin Free Methodist Church in Duffield, Alta., has been charged with child luring.

RCMP and Alberta Law Enforcement Response Teams say last May, the parents of a 15-year-old girl found inappropriate text messages on her phone.

Glenn Harvey Boyde, 59, appears in court in Stony Plain March 30.

THE CANADIAN PRESS

Too much tax bad for economy: Study

A University of Calgary study warns increasing corporate taxes can hurt provincial economies.

The university's School of Public Policy has released a paper that suggests some provinces are actually sacrificing tax revenue because their taxes are too high.

Author Bev Dahlby found Saskatchewan raised corporate taxes to a point where it sabotaged the government's goal of raising more revenue.

THE CANADIAN PRESS

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Naomi Burkinshaw and son Parker, who has just begun taking the new ASL class at his school and is loving it. METRO FILE

Mom cheers changes for deaf kids

EDUCATION

Parents group starting to see fruit of talks with board

Lucie Edwardson
Metro | Calgary

Things appear to be finally moving in the right direction for Naomi Burkinshaw and her deaf son Parker.

Burkinshaw, along with a group of parents with hard-of-hearing children, have been working with the Calgary Board of Education (CBE) on changes to their children's education. Now, some of the changes they've been asking for are starting to take place.

"I'm happy to see that it's moving in the right direction," she said. "But I've been doing this a long time so I'm still kind of cynical of what it's actually going to look like."

Following a Metro article that highlighted some of the shortcomings Burkinshaw and others saw in the CBE deaf/hard-of-hearing program's curriculum, she was able to meet with board superintendent Jeannie Everett.

Everett said the CBE is committed to addressing the concerns of deaf/hard-of-hearing students transitioning to junior high.

"The principals of Queen Elizabeth School and Queen Elizabeth High School are working to ensure the students continue to have access to direct instruction in American Sign Language (ASL) in junior high," she said in a statement.

"They're arranging a meeting of the Grade 6 parents to discuss plans for the upcoming school year."

Burkinshaw said her son has been enjoying the brand-new ASL class introduced to the elementary school — and hopes this continues in junior high.

"Parker's excited about it and he said it's helping him a lot, so that to me means we're on the right track," she said. "If he says it's helping him, then obviously it was something that was missing before, so it's a nice change."

> **Parker's excited about it and he said it's helping him a lot, so that to me means we're on the right track.** Naomi Burkinshaw

HEALTH

Students champion fentanyl antidote

A group of University of Alberta graduate students is calling for action to reduce the growing number of people who are dying from fentanyl overdoses.

Student Advocates for Public Health is encouraging support for Health Canada's proposal to allow people to obtain the drug naloxone — which can reverse the effects of an overdose — without a prescription.

"We see that more than 270 Albertans have died needlessly in fentanyl-related deaths," said Rhoda Lee, who is working on her master's degree in nursing.

"As students, we have an interest in public health and healthy public policy and we decided that the fentanyl crisis is an issue that needs to be dealt with."

Fentanyl is an opioid many times more powerful than heroin. The Alberta figure of 270 deaths is for 2015 — more than double the previous year.

The Canadian Centre For Substance Abuse estimates that at least 655 people have died across Canada between 2009 and 2014 from overdoses in which fentanyl was the cause or a contributing cause. A more up-to-date number was not available.

Naloxone kits that include a syringe and vials of the drug are already being distributed in some provinces.

The students want the pharmaceutical industry and Ottawa to allow the drug to be sold in forms that are easier to use, such as a nasal spray and an auto-injector device similar to an EpiPen.

"We believe that this would help people find an easier way, rather than fumbling with needles and ampules, to be able to administer this drug quickly," Lee said.

The group also supports a federal private member's bill that calls for protecting from charges people who phone 911 to report overdoses.

THE CANADIAN PRESS

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Kid CEO delivers robot kits to kids

Lauren Voisin is running a crowd-funding campaign to bring these easy-to-assemble brushbots to Calgary classrooms. JENNIFER FRIESEN/FOR METRO

TECHNOLOGY

Lauren Voison is fundraising to get students into technology

Aaron Chatha
Metro | Calgary

At 11 years old, Lauren Voisin is already a seasoned entrepreneur, teaching robot building throughout Calgary schools with her company Robots R Fun.

"I'm really proud, but I look at myself and think I should be doing more with my life," laughed her mother, Jacqueline Voisin.

Voisin started the company with her sister and best friend when she was only eight-years-old, and is now taking the next step by creating a crowd-funding initiative to deliver brushbot kits to children in classrooms. This will allow them to put together a small robot with little-to-no help from an adult.

"It's a little robot that uses a brush, motor and a battery case," explained Voisin. "When you connect them all together, it vibrates and moves around and kind of goes wherever it wants."

Voisin noticed robots can be quite an expensive hobby, so she hopes the brushbot kits will help kids get into robotics, technology and "other cool things" by providing an affordable and straightforward entry point.

Her mom said it's important to get kids interested in robots at a young age. She said many are using iPads and navigating their parent's phones as early as Grade 1, while topics like electricity and technology aren't taught until Grade 5 or 6.

Voisin learned through experimentation, and attending events with Chiq Geek to practice coding. She hopes to one day be an electrical engineer.

> **It's just really fun for me. They're just so interesting and unique.**
> Lauren Voisin

"It's just really fun for me," said Voisin. "They're just so interesting and unique."

The Robots R Fun crew also volunteers at Telus Spark to help teach kids about robots. They upload video tutorials on YouTube and will be participating in Calgary's Make Fashion event to design unique dresses with electrical components.

"I hope other girls will see that too, so more people will be interested in robotics and technology," Voisin exclaimed.

For more information, or to donate to Voisin's Brushbot campaign, visit robotsrfun.com.

Voisin also designed the website herself.

Pot is no laughing matter: Advocates

MARIJUANA

Joe Ceci faces backlash after making joke in address

Samantha Power
For Metro | Edmonton

Finance Minister Joe Ceci made a joke about selling pot in liquor stores Wednesday that didn't go over so well. METRO FILE

Finance Minister Joe Ceci said he won't be quitting his day job after his comedy routine failed to land a laugh.

In an address to the Alberta Association of Municipal Districts and Counties in Edmonton Wednesday, Ceci included a joke that liquor stores could become pot dispensaries if marijuana was ever legalized by the federal government.

Twitter exploded.

Ceci quickly backtracked.

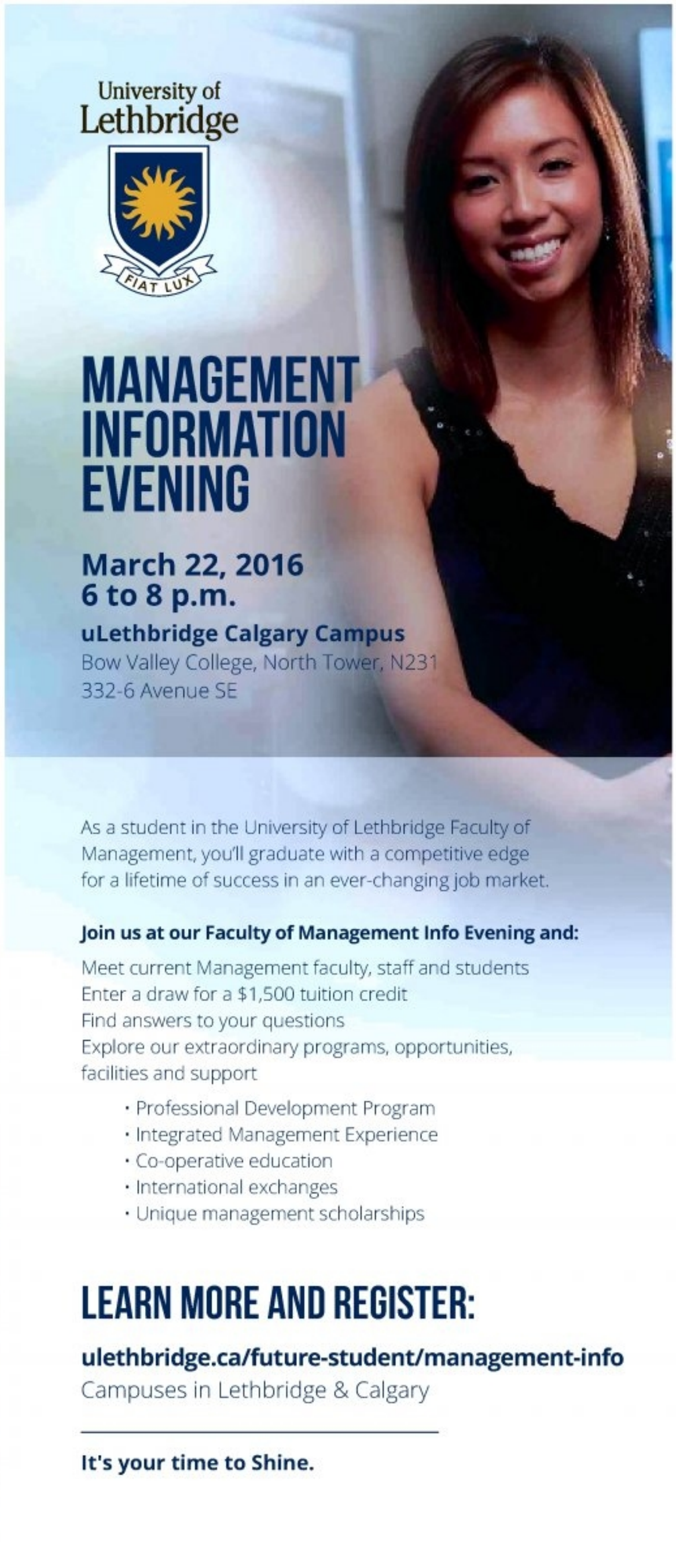
"It wasn't that funny, unfortunately," Ceci said to reporters after the talk.

And pot advocates were not laughing, either.

Melissa Finlay of the Alberta Cannabis Culture Society said the use of pot and liquor are two very different things, and that marijuana dispensers must be knowledgeable in the medicinal uses of the drug.

"Cannabis is used medicinally and that seems to get lost in this hype of legalization for recreational use," Finlay, a co-founder of the society, said.

Although Ceci was joking, Ontario Premier Kathleen Wynne made a similar suggestion late last year.



Tough times see arts suffering in the city

CULTURE

Mayor's lunch a call to action to sponsor and support them

Aaron Chatha
Metro | Calgary

The troubled economy is causing a financial drama for the Calgary arts scene.

At the annual Mayor's Lunch for Arts Champions, Mayor Naheed Nenshi drew attention to the fact that fewer sponsors are writing cheques to support the city's arts organizations.

As an example, officials said the average Calgary Opera production costs $800,000 for three nights. That's using existing sets.

It's been 10 years since the opera saw an increase in funding. Nenshi noted that even if they sold out every show of their 2,000-person venue, the production would not break even without outside financial support.

"I'm a little bit worried that some of our particularly large arts organizations are at risk of losing some of their corporate sponsorships at this point in the economic cycle," he said, adding that it's important for Calgarians to buy tickets and write cheques to keep Calgary's arts scene vibrant.

Mayor Nenshi visits youth artists set up in the lobby before the Mayors Lunch. He said more people need to visit Calgary's art institutions. AARON CHATHA / METRO

The arts scene is important to attracting people to the city as well, according to Peter Balkwill of the Old Trout Puppet Workshop, who won the Doug and Lois Mitchell Outstanding Calgary Artist Award.

"Inglewood's a perfect example," said Balkwill.

"Artists used to hunker down into the Inglewood community and, as a result, made it vibrant and a super interesting place.

"Then, other people want to live there because of the artistic and creative impact, and energy, of the environment."

> Some of our particularly large arts organizations are at risk of losing some of their corporate sponsorships.
> Mayor Naheed Nenshi

Balkwill said it was incredibly encouraging to see Old Trout's work recognized at the Mayor's Lunch.

In total seven Cultural Leaders Legacy Artist Awards were given out with cash prizes of $5,000.

Nenshi ended the lunch by asking Calgarians to take three people, who have never been to theatre before, to see a local show.

REACTION

Why are the arts important to us?

> Arts make people want to live. You see a piece of art and it often inspires you, and makes you want to bring meaning to your own life.
> Sophie Barry, Henry Wisewood School art program

> It's just fun. I just really like it, because I like energy, I have a lot of it, and I like expressing it.
> Aaron Strickland, Pulse Studio Dancer

> I think arts are important in any city. It adds to the culture of the area and lets the heart of the city express itself through its inhabitants.
> Quinn Goddard
> Mount Royal Academy trio

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Canada's time to 'step up'

UNITED NATIONS

Trudeau aims to win back seat on security council in 2021

Canada will vie to win back a seat on the United Nations Security Council, Prime Minister Justin Trudeau says.

"We are determined to help the UN make even greater strides in support of its goals for all humanity," Trudeau said Wednesday in the lobby of UN headquarters in New York.

"My friends, it's time. It's time for Canada to step up once again," Trudeau said.

Canada will seek to win back a seat for the 2021-22 term, Trudeau said.

As he made his much-anticipated announcement, Trudeau said that Canada has a long and honoured history with the United Nations that dates back to its founding in 1945.

"We are determined to revitalize Canada's role in peacekeeping," Trudeau said.

He said that his government has made pushes forward in recent months on issues like gender equality, refugee resettlement, respect for diversity, stability in the Mideast and answers to climate change, all of which are in sync with UN goals.

Under the Charter, the Security Council has primary responsibility for the maintenance of international peace and security. It has 15 members, and each member has one vote. Under the Charter, all member states are obligated to comply with Council decisions.

The Security Council attempts to settle disputes peacefully and makes recommendations for terms of settlement in disputes. It can also impose sanctions and authorize the use of force.

The 190-plus members of the General Assembly won't vote on new candidates until the fall of 2020 so it will take at least five more years before Canada could start a two-year term.

That means Trudeau will have to win another federal election in 2019 if he wants to personally see Canada come "back."

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS

Prime Minister Justin Trudeau meets with UN Secretary-General Ban Ki-moon at the United Nations in New York on Wednesday. KENA BETANCUR/AFP/GETTY IMAGES

PM talks gender equality

Setting aside parental leave that can only be taken by fathers may be a way of improving the flexibility available to young families, Prime Minister Justin Trudeau said Wednesday before a clearly approving audience at the United Nations.

He said he and his government are trying to make Parliament more family friendly, saying it's time to update an institution "designed for old, white guys."

Parliamentary travel requirements and sitting hours can be barriers to women with young children, but it's time to challenge institutions and find ways to make them work better, Trudeau said.

Businesses and organizations can be encouraged to be more open to equality, he added. "One of the things that has shown effectiveness is just making people report explicitly on the gender balance within their organization, within their boards at the highest levels," he said.

THE CANADIAN PRESS

RESETTLEMENT

Next priority is finding jobs for Syrian refugees: McCallum

Progress has been made on finding housing for Syrian refugees but the next big challenge is getting them a job, Immigration Minister John McCallum said Wednesday.

Recent figures suggest 69 per cent of the refugees outside Quebec have found permanent accommodation, up from 52 per cent a few weeks ago, he said.

"When you have huge numbers of refugees coming in at the same time, you never solve the problem overnight," McCallum noted. "There are always hiccups and bumps along the road, but I think the speed with which the housing issue has been addressed augurs well."

The numbers don't include those from Quebec, which has its own program and where housing hasn't created the same dilemmas as in the rest of the country.

McCallum says the problem was most pronounced in larger cities like Vancouver and Toronto, where 50 per cent of refugees have now found homes, up from 30 per cent a few weeks ago.

The immigration minister says most should be housed by the end of April and the rest by the end of June.

The Trudeau government met its initial goal of accepting 25,000 Syrian refugees at the end of February. Finding jobs becomes the next priority, and McCallum is speaking this week with industry representatives in Halifax, Montreal, Winnipeg and Vancouver.

Government-sponsored refugees don't often have a lot of education, but McCallum is confident refugees will be able to find work after getting some language education.

"I know there are many companies keen to employ these individuals and I know there are many industries in Canada with relatively low-skilled labour that have had chronic problems filling those jobs," McCallum said.

He was speaking at the Foundation of Greater Montreal's announcement of $750,000 worth of aid to local groups sponsoring Syrian refugees.

Community Foundations of Canada announced it had given the money to the Montreal group from the Welcome Fund for Syrian Refugees, seeded by Manulife Financial in December.

Canadian National Railway is donating $5 million, and General Motors putting in money also.

The Foundation of Greater Montreal says the money will be doled out by the Red Cross and Pascal Mathieu of the aid agency said it has already started talking with different sponsorship groups to see what they need.

Greater Montreal has the largest Syrian population in the country, so 95 per cent of refugees there are sponsored by family, while 80 per cent in the rest of the country are state-sponsored.

THE CANADIAN PRESS

4,411

Between January 2015 and March 2016, the Montreal area welcomed 4,411 of the 5,326 Syrian refugees in Quebec. Another 4,250 sponsorship applications in the province have been accepted and are awaiting federal approval.

Two baby walruses on way in Quebec

AQUARIUM DU QUEBEC

Pair of females both pregnant, a rare event in captivity

Quebec City's aquarium might soon be blessed with two very large bundles of joy in a somewhat unexpected and exceedingly rare occurrence.

The Aquarium du Quebec's two female walruses, Arnaliaq and Samka, are both pregnant and due to give birth in April and early June respectively.

It was a pleasant surprise, says curator Jill Marvin.

"There are some people who can try for 10 years and never get pregnant and others who blink and they're pregnant," Marvin said in an interview. "Well, I think we blinked ... and we got two females pregnant and, to my knowledge, no one else has ever had that."

Since 1930, only 19 female walruses have become pregnant in captivity in North America. Marvin says 15 resulted in live births, with just six surviving beyond one year. Only one reached adulthood.

Aquarium staff had hoped the two females would get pregnant as they and their male counterpart, Boris, reached maturity.

"One of the problems is the male and the female don't cycle at the same time," Marvin said.

But as the aquarium soon found out, the trio's cycles were very much in tune.

"The fact we have two females pregnant at this young age by our own male, I think there are a lot of proud adopted mothers, grandmothers," Marvin said.

Boris and Samka are both 10, while Arnaliaq is 12. Walruses in the wild can live up to 40 years. THE CANADIAN PRESS

Hey, big mamas! Two pregnant walruses are sparking excitement at a Quebec City aquarium. THE CANADIAN PRESS

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POVERTY

Funding housing big task: Advocates

Justin Trudeau's Liberal government has promised to invest in affordable housing. The details are expected in next week's federal budget.

The promised spending on "social" infrastructure has raised hopes across the country. Municipalities are optimistic that the investment, which experts say has been shrinking since the 1990s, will reduce homelessness across Canada.

Anti-poverty advocates say they expect the government to put hundreds of millions in new spending into an existing homeless program, the Homelessness Partnering Strategy, and fund new affordable housing units, helping those in shelters, temporary or shabby housing because they can't afford rent.

An internal government report from 2014, obtained by The Canadian Press under the Access to Information Act, suggested that cutting shelter use by even one-fifth may be overly ambitious and difficult to achieve nationally.

The report from researchers at Employment and Social Development Canada said it would be unlikely that the heaviest shelter users, who make up a "disproportionate amount of bednights," would land a government-funded placement under the "Housing First" program.

That would make it difficult to cut bednights — nights during which a shelter bed is occupied, a number that currently stands at four million a year — by even 20 per cent, the report concluded. A 75 per cent reduction in bednights was described as "completely unrealistic."

The paper said it was unlikely big cities could house all of their chronic and episodic shelter users, but "conceivable " for smaller cities.

Success stories like Medicine Hat, Alta. — where homelessness has almost been eliminated after some $10 million in provincial and federal spending on housing in the city of 61,000 — led anti-poverty advocates to ask the Liberals for $1.5 billion annually to build 100,000 affordable housing units across the country.

Tim Richter, president of the Canadian Alliance to End Homelessness, says the strategy can reduce homelessness and shelter usage, "but the investment has to match the scale of the problem that we've got in Canada.

"This is a crisis 25 years in the making and it's going to take a significant investment from the federal government to rectify it," Richter says. THE CANADIAN PRESS

$1.5B/yr

The amount anti-poverty advocates want the federal government to provide to build 100,000 affordable housing units across the country.

IN BRIEF

B.C. to require sex assault policies at universities

British Columbia plans to pass a law requiring post-secondary institutions to have sexual assault policies. Advocates say many universities lack standalone sexual assault policies for responding to complaints and outlining support services. THE CANADIAN PRESS

Arms sale going ahead

Justin Trudeau is defending the decision to maintain a $15-billion contract to sell light armoured vehicles to Saudi Arabia, signed by the Harper regime. He says countries and companies need to know contracts OK'd by one government will be honoured by a new one. THE CANADIAN PRESS

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Obama picks centrist high court judge

U.S. POLITICS

Nomination could put GOP in non-winning predicament

Ignoring Republican threats, U.S. President Barack Obama nominated appeals court judge Merrick Garland to the Supreme Court on Wednesday, thrusting a respected moderate jurist and former prosecutor into the centre of an election-year clash over the future of the nation's highest court.

Obama cast the 63-year-old Garland as "a serious man and an exemplary judge" deserving of a full hearing and a Senate confirmation vote, despite Republican vows to deny him both.

Standing in the White House Rose Garden with Garland, Obama argued the integrity of the court was at stake and appealed to the Senate to "play it straight" in filling the seat left vacant by the death of Justice Antonin Scalia.

"It's supposed to be above politics," Obama said of the high court. "It has to be. And it should stay that way."

Republican leaders, however, held to their refusal to consider any nominee, saying the seat should be filled by the next president after this year's election. Senate Majority Leader Mitch McConnell spoke with Garland by phone but did not change his position that "the American people will have a voice."

He said he would not be holding "a perfunctory meeting but he wished Judge Garland well," a spokesman said.

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U.S. President Barack Obama walks with Judge Merrick B. Garland, before announcing his nomination to the Supreme Court, Wednesday. GETTY IMAGES

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AFGHANISTAN

Military personnel punished for errors

More than a dozen U.S. military personnel have been disciplined — but face no criminal charges — for mistakes that led to the bombing of a Doctors Without Borders hospital that killed 42 people in Afghanistan last year, U.S. defence officials say.

The punishments, which have not been publicly announced, are largely administrative. But in some cases the actions, such as letters of reprimand, are tough enough to effectively end chances for further promotion. The military has previously said some personnel were suspended from their duties but has given no further details.

The disciplined include both officers and enlisted personnel, but officials said none are generals.

The officials, who were not authorized to discuss the outcomes publicly and so spoke on condition of anonymity, said the disciplinary process is nearly complete. It is derived from a military investigation of the Oct. 3, 2015, attack, the results of which are expected to be made public in a partially redacted form in coming days.

The hospital, run by the medical charity Doctors Without Borders in the northern city of Kunduz, was attacked by a U.S. Air Force special operations AC-130 gunship, one of the most lethal in the U.S. arsenal. Doctors Without Borders called the attack "relentless and brutal" and demanded an international investigation, but none has been undertaken.

THE ASSOCIATED PRESS

An employee of Doctors Without Borders walks inside the charred remains of the organization's hospital after it was hit by a U.S. airstrike in Kunduz, Afghanistan. THE ASSOCIATED PRESS FILE

IN BRIEF

American sentenced to 15 years in North Korea

North Korea's highest court sentenced an American tourist to 15 years in prison with hard labour for subversion on Wednesday. Otto Warmbier, 21, was convicted and sentenced in a one-hour trial in North Korea's Supreme Court.

THE ASSOCIATED PRESS

Morocco cuts peacekeeping

The Moroccan government is reducing its staff and support for the UN peacekeeping operation in the Western Sahara after UN Secretary-General Ban Ki-moon allegedly made insulting remarks about the disputed territory.

THE ASSOCIATED PRESS

Syrian refugee Mariam Aloush, 8, from Homs, Syria. "I remember our home in Syria and my school there. I just want to go back," said Mariam.

Syrian refugee Mohammed Bandar, 12, from Hama, Syria. "I want to become a doctor to be able to help people," said Mohammed.

RESETTLEMENT

'Urgent' need to deliver on migrant aid: EU

The European Union told member states Wednesday they "urgently need to deliver" on commitments to resettle more refugees on the continent, as the number of refugees arriving in Greece since the start of 2015 reached the 1 million mark.

The demand came on the eve of a summit of leaders from the EU and Turkey that aims to try and limit the number of refugees coming to Europe.

"We need to see a substantial increase in relocations in the coming days and weeks," EU migration commissioner Dimitris Avramopoulos said. "With the humanitarian situation in Greece getting more acute every day, member states urgently need to deliver on their commitments and prevent a further deterioration of the situation for refugees in Greece."

2,000

There is now space for up to 2,000 more people in shelters near Idomeni.

UN refugee agency envoy Angelina Jolie was in Athens on Wednesday to visit overcrowded refugee shelters, as the number of refugees stranded in Greece neared 44,000.

Success of the deal with Turkey relies heavily on scaling up of EU's relocation scheme for mostly Syrian refugees. Fewer than 1,000 people have so far been resettled in the EU under the scheme, but the European Commission said Wednesday it wanted 20,000 placements in the next two months.

Greek officials reiterated Wednesday they had no plans to use force to evacuate a squalid refugee camp at Idomeni, on the Greek-Macedonian border, where some 14,000 people are living in harsh conditions.

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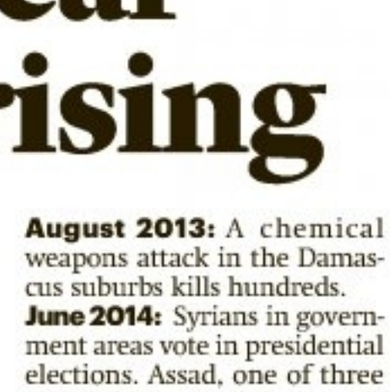
Syrian refugee boy Ahmad Zughayar, 6, from Deir el-Zour, Syria. "I remember the sound of bombings on homes in Deir el-Zour," said Ahmad.



Yasmeen Mohammed, 11, from Eastern Ghouta, Syria. "All I want is to go back to my school in Syria and see my friends," said Yasmeen.

ALL PHOTOS MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Syria marks fifth year of uprising

CONFLICT

War rages on as Moscow rises, U.S. retreats, Syria suffers

As Syrians mark the fifth anniversary of the uprising against President Bashar Assad, here are some of the key events in the conflict:

March 2011: Protests erupt in the city of Dara over security forces' detention of a group of boys accused of painting anti-government graffiti on the walls of their school. On March 18, security forces open fire on a protest in Dara, killing four people in what activists regard as the first deaths of the uprising.

August 2011: U.S. President Barack Obama calls on Assad to resign and orders Syrian government assets frozen.

March 2013: Rebel forces capture Raqqah, a city of 500,000 people on the Euphrates River.

August 2013: A chemical weapons attack in the Damascus suburbs kills hundreds.

June 2014: Syrians in government areas vote in presidential elections. Assad, one of three candidates, overwhelmingly wins with 88.7 per cent.

September 2015: Russia begins launching airstrikes in Syria in support of Assad's forces.

November 2015: Seventeen nations meeting in Vienna adopt a timeline for a transition plan in Syria that includes a new constitution as well as UN-administered parliamentary and presidential elections within 18 months.

February 2016: Indirect peace talks between the Syrian government and opposition in Geneva collapse a few days after starting, over a Russian-backed Syrian army offensive in Aleppo.

March 2016: The UN's Syria envoy says indirect peace talks will resume in Geneva. Russian President Vladimir Putin announces his armed forces will begin withdrawing from Syria.

THE ASSOCIATED PRESS

ANTI-BIAS EDUCATION

App splits cheque based on privilege

Luke Simcoe
Metro | Toronto

A new app can help you check your privilege when it comes time to split the cheque.

EquiTable takes a restaurant bill, divides it by the number of diners and adjusts how much each person owes based on the wage gap between genders and races. So, a white man out for dinner with a black woman would fork over more cash to cover the bill.

"It doesn't split the bill equally; it splits it equitably," said the app's creator, Luna Malbroux.

Malbroux, a comedian and anti-bias educator from California, admits the app has its tongue planted firmly in cheek but said it's a fun way to start a conversation about a serious issue. "I hope it helps people think a little bit more about how the wage gap affects different people," she said.

In Canada, a recent report showed women earn an average of $8,000 less a year than men, a wage gap that's twice the global average.

Malbroux said the gap grows larger when factors such as race or disability are factored in.

EquiTable plans to launch on iOS later this week.

> It doesn't split the bill equally, it splits it equitably.
> Luna Malbroux, EquiTable creator

NEWSPAPERS PUBLISHER STEPS DOWN John Cruickshank has announced he is stepping down as publisher of the Toronto Star and president of the Star Media Group, effective May 4. His final day coincides with Torstar's annual meeting. He will continue to serve as co-chairman of Canadian Press Enterprises (CPE) and as one of Torstar's directors on the CPE board. "Today, I am announcing that I'm ready to leave scaling new journalistic heights to someone with less-arthritic limbs and more recently acquired tools and skills," Cruickshank said in a statement on Wednesday. TORSTAR NEWS SERVICE

Women get career help

RETURN TO WORK

Program aims to get women in finance back on track

In 2012, after a 12-year career working for global investment banks in Asia and the United States, Meric Koksal did what many women do at some point in their lives: she put her career on pause.

Koksal wanted to spend more time with her two young daughters and pursue her interest in pilates. After three years, Koksal moved to Canada in 2014 with an eye to getting back into finance.

Through her networking efforts, Koksal discovered the Return to Bay Street Program, run by advocacy and networking group Women in Capital Markets.

The program, now in its fifth year, has helped 22 women including Koksal return to their careers in finance by setting them up with four-month paid contracts at large Canadian financial institutions. Twenty-one of those women have since landed full-time jobs.

Meric Koksal, pictured on the CIBC trading floor in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

This year, Return to Bay Street is expanding to Montreal, starting with a workshop next Tuesday that will help candidates prepare for the application process.

Jennifer Reynolds, the president and CEO of Women in Capital Markets, says she hopes some of the contracts secured for applicants this year will be in Montreal, where National Bank, one of the participating financial institutions, has a sizable presence.

Reynolds says part of the program's success has been rooted in the fact that it allows women to re-enter the industry at a similar level to where they were when they left — rather than starting from scratch in a junior position such as an associate.

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metro VIEWS
Your essential daily news
Thursday, March 17, 2016

CHANTAL HÉBERT ON LEADERSHIP ON THE LEFT

Most New Democrats would not be terribly unhappy to see Mulcair bow out. But those who believe he is all that stands in the way of a less centrist NDP are taking their dreams for reality.

As the New Democrats ponder the future of their federal party and leadership, here are a few inconvenient truths they might have to face up to.

1 Yes, the NDP lost the last federal campaign on a fiscal and social platform that the Liberals could have written. The key planks of yearly balanced budgets and a national childcare program were lifted from outdated red books. It was a decidedly middle-of-the-road document.

But the party has also never won an election on a platform that was not centrist. That was true in Saskatchewan in the days of Alan Blakeney and Roy Romanow, and in Manitoba under Howard Pawley, Gary Doer and Greg Selinger.

Over the last decade Nova Scotia's NDP hugged the centre all the way to a solo term in government. And Rachel Notley did not win power in Alberta last spring on the promise of a socialist revolution.

Overall, the NDP has tended to do best in provinces where it could substitute itself for a weak Liberal party. But a stronger New Democrat presence has not translated into more progressive governance in those provinces than the Canadian average.

In the big picture, the NDP's finish last October was its second-best ever. By comparison, the last time voters had coalesced behind the Liberals to usher out the Conservatives was 1993 and the New Democrats were left with nine seats, three short of the minimum required to hold official party status in the House of Commons.

The NDP has tended to do best in provinces where it could substitute itself for a weak Liberal party.

MIDDLE MAN The problem with the NDP's 2015 federal-election platform under Thomas Mulcair was not that it veered too far to the right, but that it was risk-averse and forgettable, Chantal Hébert writes. THE CANADIAN PRESS

From the outside, one of the glaring weaknesses of the last NDP platform was not that it leaned too far to the right but that it was risk-adverse to the point of being eminently forgettable. But then, the same could be said of Jack Layton's 2011 platform.

2 The next federal election is almost four years away and the prospect of a national victory for the NDP is possibly even more remote. But the party does not live or die on the sole basis of its federal performance. British Columbia, Ontario and Alberta — to name just those three — will all be going to the polls before 2019.

Some NDP activists would have the federal party adopt the so-called LEAP manifesto. It would, among things, commit a New Democrat government to reject trade deals, oppose new pipelines and ensure fossil fuels stay in the ground.

For the record, the Greens have promoted some of the LEAP ideas for a while and found only modest traction for them. And in the last British Columbia election, NDP fortunes went in decline after the party firmed up its anti-pipeline rhetoric. It was a strategic move designed to make a dent in Green support but ultimately a call that cost more votes than it attracted.

The NDP would be more likely to implode than to ever unite behind the LEAP manifesto.

3 It is an urban legend that the 2012 leadership campaign saw the federal New Democrats choose the quest for power over party principles. In fact, the winner, the runner-up and the third-place candidate in that race were all political pragmatists.

Mulcair had spent his provincial political career on the Liberal benches of the national assembly in Quebec. But Brian Topp — who finished second — had cut his teeth in the backrooms of Romanow's centrist Saskatchewan governments and helped steer the federal NDP in the same direction under Layton. Nathan Cullen finished a strong third on a platform to seek a formal alliance with the Liberals.

When some defeated MPs opine that they no longer recognize the NDP in the party that Mulcair leads, one can only wonder what they think it would have looked like under the men who were the second and third choices of the membership more than three years ago.

Most New Democrats would not be terribly unhappy to see Mulcair bow out. He might not even earn enough support on a confidence vote next month to stay on. But those who believe he is all that stands in the way of a less centrist NDP are taking their dreams for reality. If the New Democrats' choices boiled down to keeping their current leader or going hard left, my money would be on Mulcair.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

The media couldn't have helped Trump more if he paid us

We knew we were doing it. We just couldn't help ourselves.

And if Trump makes it to the White House, many will blame the media, in part, for his victory.

Who could argue with them? The coverage has been overwhelming. From the start, we were hooked on Trump like a bad habit. He was the headline we couldn't run enough.

Sure, readers devoured the jokes and think pieces. But if he wins, we're going to have to lie in the bed we helped make. And it's going to be prickly as hell.

We're all going to get the Megyn Kelly treatment, and already are. During last night's primary victory speech, amid jeers from the crowd, Trump accused the media of "lies, deceit, viciousness, disgusting reporters, horrible people." Not only will Trump call us names, restrict our access, and generally infringe on our ability to do our job — but his supporters will love him for it.

And we're going to feel a lot like Republican leaders: sheepish that we didn't see it coming, this toppling from our pedestal, this hollowing-out of respect. Because the media, in the eyes of Trump-lovers, Sanders-lovers, and many others, are the establishment. And we should burn right along with it.

How ironically well we've aided that message. While the New York Times has been accused of being the mouthpiece for Hillary Clinton's campaign, and Fox News for Marco Rubio's, every American media outlet and many international ones have combined to become Trump's megaphone. We couldn't have done any better if he paid us. When the Times measured Trump's paid advertising versus free media coverage this week, his lead was gargantuan: nearly $1.9 billion worth of free media. Clinton was second, with less than half that. The best of the others had less than a quarter.

Yes, I'm adding to the total. But then again, Trump can't be ignored. And if Canadians think we're immune from the forces propelling his candidacy, we should think again. Many mainstream media skeptics reside north of the border. We, too, have income inequality and racism. We, too, are witnessing dramatic social and economic change. And we have our own corporate reality-TV star (Kevin O'Leary) waiting in the wings to pet egos and dull intellect.

No, we're not the U.S. But populism is also rising in Europe. Why not here? A popular meme calls Trump "what would happen if the comments section became a human and ran for president."

Read the comments sections on Canadian sites, and tell me that joke doesn't land.

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Memoir out of Antarctica

TORSTEN BLACKWOOD/AFP/GETTY IMAGES

Author Jean McNeil adds a memoir, Ice Diaries, to her novel and poetry collection based on her experience of living as a writer-in-residence in Antarctica. CONTRIBUTED

WRITER-IN-RESIDENCE

Author reveals reality of life of isolation on ice continent

Sue Carter
For Metro Canada

The closest most of us will ever get to Antarctica is watching nature documentaries or animated films starring dancing penguins. For those willing to hand over the cash, there are cruises that offer "drive-by" views of its icebergs and seal colonies, but few have actually set foot on the world's coldest, southern-most continent, let alone live there for any amount of time.

"When you go to the Antarctic you're initiated into a select society," says author Jean McNeil. "It's a little bit like being part of the NASA team; it's like you're off the planet. The rest of the world peels away while you're there."

For four months in 2005, the Nova Scotia–born author became part of that select society as a writer-in-residence with the British Antarctic Survey, working and living alongside a team of scientists. McNeil, who previously wrote a novel and poetry collection inspired by Antarctica, never intended to write a memoir about the experience, but her new book, Ice Diaries, is a welcome literary-minded addition to a category of books dominated by male explorers.

Published by ECW Press, Ice Diaries blends McNeil's journal entries with ruminations on the harsh environment and climate change, woven with a side storyline about her rough upbringing in Eastern Canada that she recounts as being filled with its own dangers and hardship. McNeil, who now lives in London and teaches creative writing at the University of East Anglia, often had to justify her presence as a novelist to the team of geologists and oceanographers. "It's hard to not to feel very useless in an environment where so many people are so capable," she says. "Everyone else there could look at each other and know what they were doing; they knew so-and-so was there to put up meteorological balloons. But with me, I had a lot of explaining to do."

> **It's like you're off the planet. The rest of the world peels away while you're there.**
> Jean McNeil on her time in Antarctica

As an active member of the team, McNeil expanded her scientific knowledge, developing a particular interest in glaciology. She also learned about her own limits while battling an intense sense of entrapment and paranoia, brought on not just from being geographically isolated, but from living and working in close quarters with a tightknit group of people.

"I felt very claustrophobic and confined," she says. "When you have those powerful emotional swings in one's normal life there are ways you can mitigate that. You can go for a walk in the park or see your friends or family, or go have a coffee at a Starbucks or wherever. Symbolically here, there's no escape from your emotions. I think a lot of people make a mistake in thinking that when you go to place like that, it's all about the landscape and the natural wildlife, but what it really is about is other people."

McNeil, who says she wrote the book partly on behalf of the Antarctic, knew she would have to dispel the romance of the place and be honest about the challenges she faced. "People are expected to come back and deliver 'it was the most wonderful time of my life' narrative. The writer, of course, is that person who deals in much more grey areas," she says. "The Antarctic is a very good way to get to know yourself."

Sue Carter is the editor at Quill & Quire magazine.

Finding humour in her depression

REVIEW

How Melissa Broder turned Twitter feed into book deal

"I've been awake 7 minutes and it's already too much," reads a tweet from @SoSadToday.

Melissa Broder started the anonymous Twitter account while working in publicity at Penguin Random House as a place to exercise dark humour and attempt to empty out her anxious thoughts.

As her followers grew into the hundreds of thousands, including celebrity names such as Katy Perry, it snowballed into a column for VICE.

At VICE, Broder still wrote anonymously, experimenting with essays, advice and interviews with porn professionals. Broder, a published poet in her early 30s, kept her name off her work until last year when she secured a book deal based on the concept.

So Sad Today is an extension of Broder's Twitter account, with 18 personal essays touching religion, addiction, extramarital affairs, counting calories and Botox.

The book is intimate, unfiltered and painfully honest — for instance, there's an entire chapter on her vomit fetish. Broder told Rolling Stone she dictated most of the book to Siri while driving around Los Angeles, which explains why it reads like a stream of consciousness rather than something carefully and deliberately constructed.

The advantage of this form is it gives reader a raw portrayal of how Broder experiences depression and anxiety — how she manages suicidal thoughts, found the right mix of medication and her reasons behind meditation.

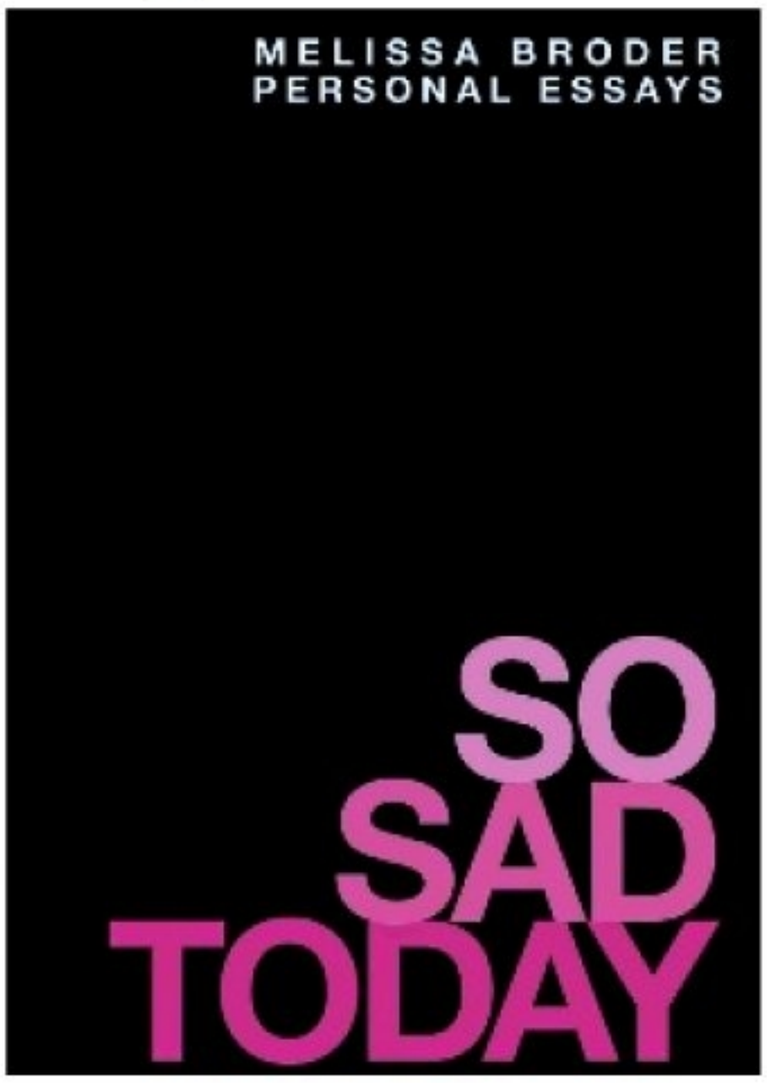
She communicates what a big part of her life her illness is while remaining able to see humour in it. "The ocean gives me performance anxiety about being at peace," she writes.

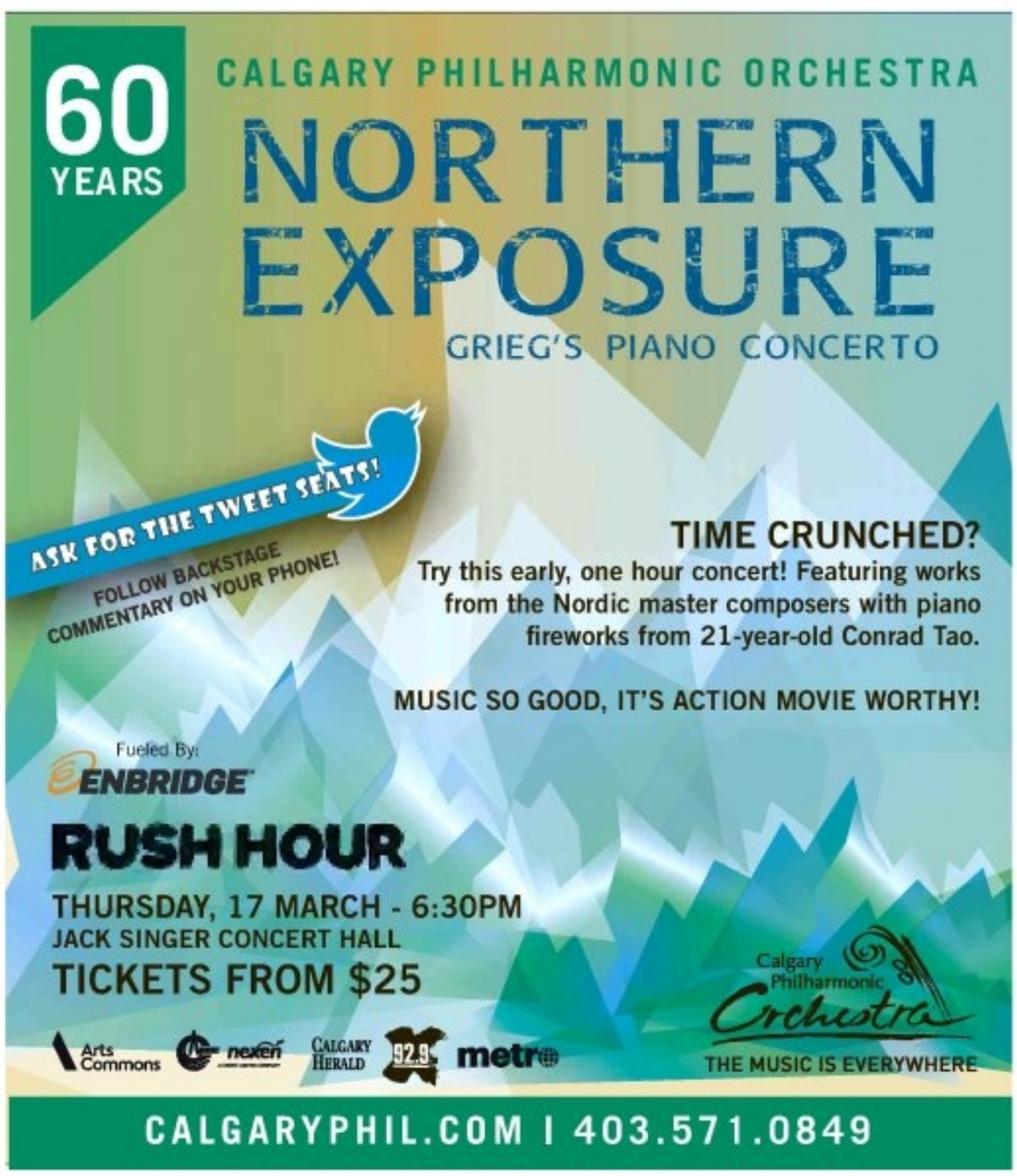
Although she writes that she's constantly fretting about what people think about her, Broder is still open (and funny) when addressing her shortcomings — ranging from her struggles with addiction to romance: "I've been romantically obsessed with so many people that I've kind of become a getting-over-the-fantasy-of-people athlete."

But this immersion into Broder's thoughts can also feel like an unedited Internet diary, one that many may roll their eyes at as a quintessentially millennial form — self-absorbed, devoting a chapter to a sexting exchange.

If you're looking for a deep, thoughtful memoir addressing mental illness, this may not be the book for you. If you're looking for a window into one woman's experience with this illness in an age where someone is always watching, it's worth a try. TORSTAR NEWS SERVICE

"The ocean gives me performance anxiety about being at peace
Melissa Broder





5 CARTOONISTS THAT GRAPHIC ARTISTS TODAY DRAW ON

Cartoons are being used more and more as a means for social satire or to tell more adult stories. We wanted to know which cartoonists have most influenced a new generation of graphic artists and novelists. Here's what they said:

TORSTAR NEWS SERVICE

1 MariNaomi on Mary Fleener

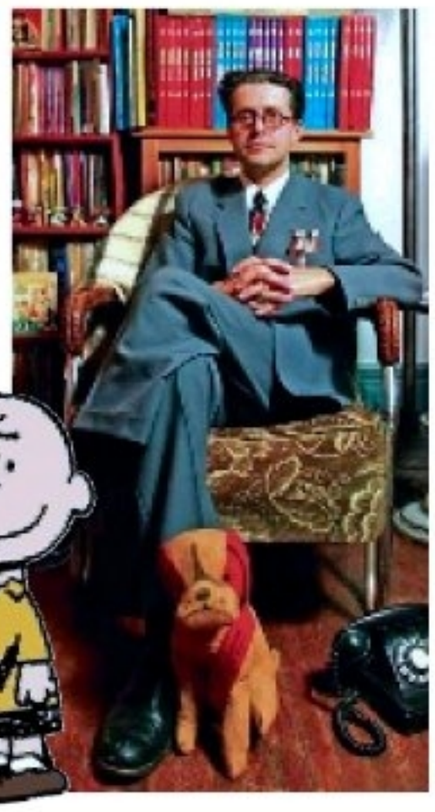
"I'd been reading indie comics for a few years before I came across Mary Fleener's work in Twisted Sisters: A Collection of Bad Girl Art. Her story The Jelly, about her hot-mess of a roommate, made me laugh and cringe and think, "Hey, I've got stories like that, too!" Next thing I knew, I was making my first comic. It's been 19 years and this fun thing has somehow become What I Do. Thanks."

2 Kate Beaton on Eleanor Davis

"Eleanor Davis because her work was an early standout; she was someone younger like me, but her style was so fully realized and beautiful to look at. She was such an ace storyteller, and I wanted to have come as far as she did by that point but I had a long way to go."

3 Seth on Charles Schulz

"It's a complicated question to answer. There is no ONE cartoonist to be chosen as THE influence. Looking back, the answer to that question would have changed by the decade — more a process of inspiration than a single figure. Each new figure providing another step in the process of figuring out what kind of artist I wished to be ... Certainly the primary influence would be Charles Schulz. Fifty years of integrity in his work. Deep work. Profound, personal and yet funny and accessible; confident clean lines and elegant simplicity of design. The Master Cartoonist."



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4 Georgia Webber on Bill Watterson

"Deeply, emphatically, unequivocally: Bill Watterson. In all the ways that one's work can be influenced — aesthetically, politically, emotionally, colour, storytelling, text — it's Watterson's approach to his art, his conviction about it, that is my guiding star. He worked for passion, yes, and for fun, that too, but also for the betterment of this world and the chosen medium of his efforts. Calvin and Hobbes is so whole, so bittersweet, and so much greater than the sum of its parts. While my work is entirely different in almost every way, Watterson showed me how to bring my heart to it."

5 Teva Harrison on Art Spiegelman

"As long as I can remember, Art Spiegelman's art has been there. From my collection of Garbage Pail Kids cards in elementary school to my first awareness of graphic memoir, Spiegleman showed me the diversity of possibility for comic arts. When the Art Gallery of Ontario showed his work, I visited over and over to study his lines and the way he breaks frame. His candour, experimentation and unconventional approach to the page continue to inspire me."

NOIR COMICS

Steeljack, the shiny gumshoe, is back

Mike Donachie
Metro | Canada

ASTRO CITY #33
BY: Kurt Busiek, Brent Eric Anderson and Alex Ross
PUBLISHER: DC/Vertigo

One of the most compelling characters in comics has made a quiet return, and that's appropriate. He's the quiet type.

Steeljack, aka the Steeljacketed Man, aka Carl Donewicz, is the down-at-heel former supervillain who haunts the back streets of Astro City as a tatty, yet shiny, gumshoe trying to help the little guy.

His debut adventure, The Tarnished Angel, is widely available in collected form, and highly recommended for anyone who loves a hopeless underdog. Steeljack, whose look was based on Robert Mitchum if he'd been coated in metal, returned to the monthly Astro City book in #32, which you can still find easily, and the second part of the story is out this week.

As is traditional in the noir genre, the case starts with a "dame" walking into the detective's office. Steeljack's old flame Cutlass wants to clear her name, and he's already regretting agreeing to help.

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Does Heather really choose her picks?

INTERVIEW

The story behind the Indigo seal of approval

Just as Martha or Gwyneth trigger a pang of underachievement in domestic doyennes, Heather Reisman is an intimidating figure for book lovers. She's the founder and CEO of Indigo, Canada's leading "cultural department store" and she still has time to polish off Jonathan Franzen's latest doorstop. What's your excuse?

Since 1998, she's been the face of 262 Heather's Picks, the Oprah-esque seal (or sticker) of approval that comes with a money-back guarantee and has emerged as a reliable sales driver. "Almost all Heather's books end up selling quite well," she says, sitting in a chair in her in-office sitting area, bowls of fresh oranges and almonds on the coffee table.

In the lap of her black-pleated skirt is the next Heather's Pick. The Nest, the debut novel by American writer Cynthia D'Aprix Sweeney, is a family saga about siblings who clash over an inheritance. HarperCollins' Ecco imprint bought it in a seven-figure deal in December 2014.

In a rare intersection of Indigo endorsements, The Nest, out March 22, has been named both a Heather's Pick and a Staff Pick which, since 2012, has been chosen by a revolving panel of Indigo employees from stores and head office. The only previous novels to receive both blessings were 2014's All The Light We Cannot See, which went on to win the Pulitzer Prize, and last year's The Girl On The Train.

"(The Nest) came to me from our internal print team in a very early ARC (advance reader copy)," she says. "It was with 10 other books that they brought to me. I loved the (turquoise) colour. It had a beautiful cover. Literally halfway through the first paragraph I was already into it."

Most Heather's Picks grab her from the first page. If she isn't hooked after 20 pages, she's done.

"Literally 20 pages, " she says.

Reisman is constantly playing defence against the perception that she is as much reading Heather's Picks as J. Lo is whipping up Miami Glo in her bathtub.

Indigo CEO Heather Reisman says she really does pick all of her Heather's Picks. "I am so careful. ... it only has to be something that I love like crazy." TORSTAR NEWS SERVICE

"I get asked all the time, do you really pick your Heather's Picks?" she says.

"And it makes me smile because I am so careful about what becomes a Heather's Pick and it only has to be something that I love like crazy."

She tries to read a book a week. "Sometimes it doesn't happen, " she says. "I'm like everybody else. If two weeks go by and I haven't read, I get out of the habit. I usually start reading a book on the weekend. If it's really good I'll finish it."

There's no schedule to Heather's Picks. "Sometimes I read 10 things or 12 things or 15 things and . . . they're good!" she says. "I'm glad I read them. But not a Pick. And then I'll read something and from the second I get started I love it. And then I do what I've done for my whole life, and I tell all the people that I care about that I love it."

One of her cardinal reading rules — no devices. "I take my iPad and my iPhone and I put them in another room, " she says. She reads everywhere, including aloud to her husband of more than 30 years, Gerry Schwartz, as he does to her, though she admits she's the faster reader. "The only place I don't read, interestingly enough, I don't read in bed, because I would fall asleep," she says.

> **"The only time I will read in bed is if I have a Sunday morning with nothing to do**
> Heather Reisman

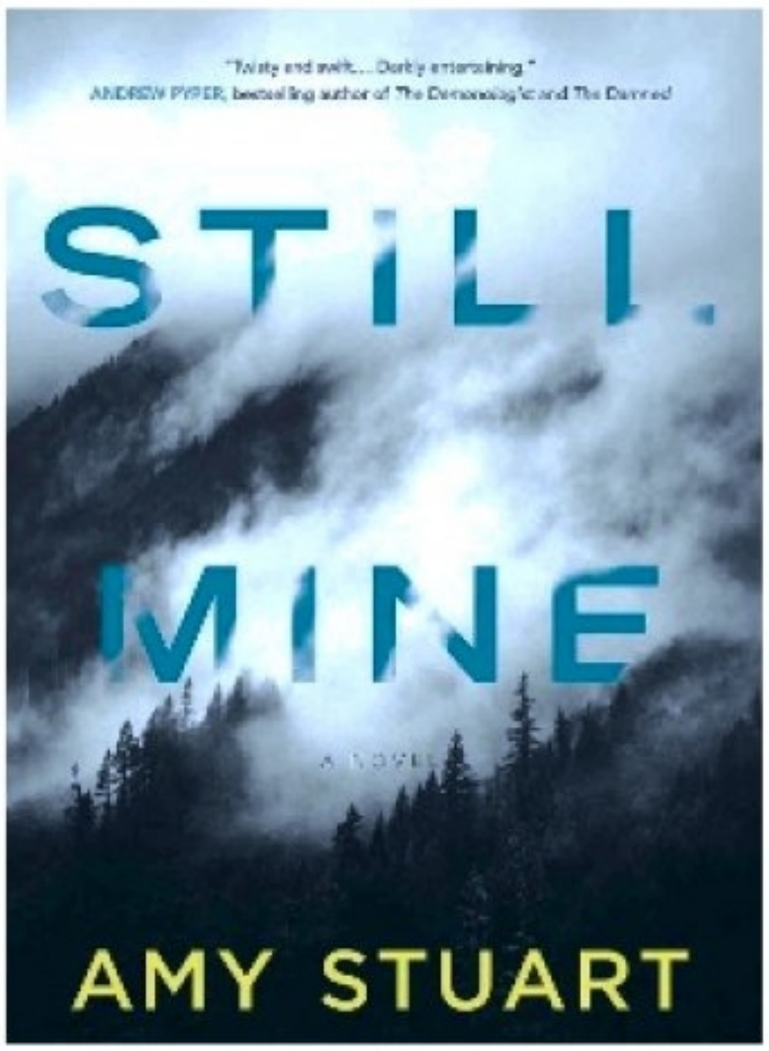
"The only time I will read in bed is if I have a Sunday morning with nothing to do. The sun is shining in through the windows and I know I have the whole Sunday ahead of me and nowhere to go."

The image, as with everything Heather, is a true book lover's fantasy.

TORSTAR NEWS SERVICE

Publishers are willing to spring for next big thing

These days, the literary world looks a lot like the housing market. Publishers are doubling down on debut novelists as they hunt for the Next Big Book. This means bidding wars, auctions and astronomical advances. This way of doing business comes at a cost: novels without commercial appeal but with considerable literary merit are being ignored and left unpublished — but it also means the book market is more fascinating. Here are some of the books publishers believe in this spring, all from first-time fiction authors. TORSTAR NEWS SERVICE



Still Mine

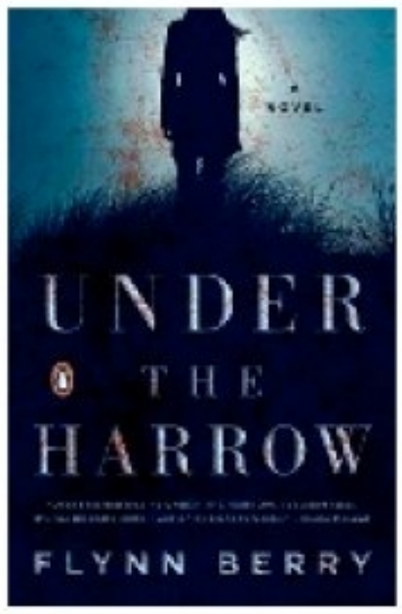
By: Amy Stuart

Six and seven-figure book deals are uncommon in Canada, but there's a success story in the works here that is seeing an author's career build in a different, and likely more sustainable, way: Torontonian Amy Stuart's debut novel Still Mine (March 1) was pitched as Top of the Lake meets The Silent Wife — and was snapped up by Simon & Schuster Canada in a two-book deal. It was recently chosen as a Costco Buyer's Pick, selected for Chatelaine's Book Club and named one of the official best books of March by Amazon.ca. All this has translated into interest from U.S. publishers, although a deal hasn't been announced yet.

Under the Harrow

By: Flynn Berry

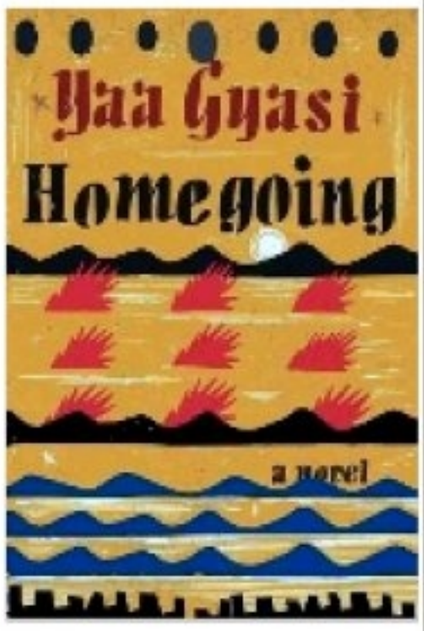
World rights for Flynn Berry's suspenseful — but with an upmarket literary bent — Under the Harrow (June 14) ended up with Penguin, after an auction that saw many other publishers attempting to get in on the action. Audio rights were also sold in a heated auction between three audio publishers, and this is unusual for a debut novel. The novel is set in a small English town and tells the story of a pair of sisters, one of whom is found brutally murdered, and how their past may have informed their tragic future.



Homegoing

By: Yaa Gyasi

The talk of this year's London Book Fair was a novel called Homegoing (June 7) by young American/Ghanian writer Yaa Gyasi. This novel — it follows two half-sisters in 18th century Ghana, who are born in different villages and lead vastly different lives — is rumoured to have garnered seven figures when it was sold to Knopf after a ten-publisher bidding war. Knopf is banking on it being the next Goldfinch or A Little Life, and there's a great deal riding on that hope — including a young author's career. The reality of such vast advances can be dire, leaving authors with poor sales records and dim prospects if they don't over-achieve.



Maestra

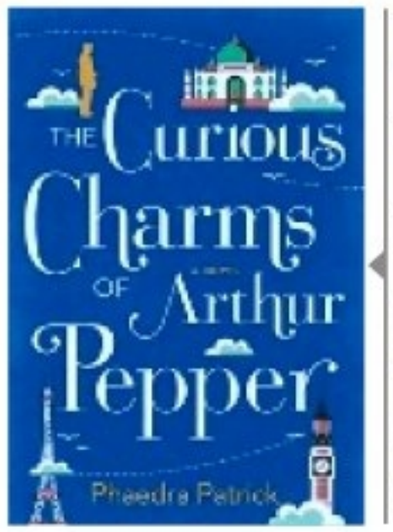
By: LS Hilton

Perhaps the best news out of the literary world is the search for the new EL James might be over. U.K. author LS Hilton is the alter ego of respected historian Lisa Hilton. An early draft of her sexual thriller Maestra (April 19) was met in Hollywood with a flurry of excitement — and a seven-figure deal for a movie script that is now in development. A three-book, 36-country publishing deal with Putnam was also arranged.

The Curious Charms of Arthur Pepper

By: Phaedra Patrick

Phaedra Patrick's The Curious Charms of Arthur Pepper (May 3) was bought by Mira Books in a two-book six-figure "pre-empt" — meaning the publisher made its best offer before any other publishers had the chance. The book is about a 69-year-old man who discovers a mysterious charm bracelet of his recently deceased wife and finds himself on a journey of healing.



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Falling for runway looks

FASHION WEEK

Models slipped up on the catwalk due to wet weather

The traditional runway walk proved treacherous at the kickoff of Toronto Fashion Week, with several models in the Mikhael Kale show slipping on the slickened surface.

"Unfortunately, the one thing we can't control is the weather," Carolyn Quinn, director of IMG Fashion Events & Properties, said in an emailed statement.

"The rain tracked inside made the runway slippery, but Mikhael Kale presented a beautiful collection and we've remedied the issue."

Models taking part in shows Tuesday were still exercising caution.

Dane Carlsen said he makes a conscious decision to slow down before turning on the Toronto runway, and averted a potential slip during the Bustle show.

"As soon as I walked out, the bottom of the shoes are taped, so, when I stopped to turn at the very beginning, I did a little two-inch slide. ... It's the floor."

Models typically rehearse for presentations on the runway well before showtime. But even the most experienced among them can be thrown for a loop as they ready for their entrance, due in part to a common catwalk issue: ill-fitting footwear.

"Heels that don't fit, it's a normal thing backstage," said Amanda Laine, who has modelled for eight years.

"They always have padding for us, or double-stick tape taping your foot to the shoe. That's just something you learn to deal with."

Laine said she started modelling at age 16, and that it's become "second nature" to walk in heels on the runway. While she's never taken a tumble during a show, she's had to contend with some unexpected on-the-job challenges, recalling a Louis Vuitton show requiring models to ascend a hill and round a corner.

"The best thing is not to freak out and just go with the flow," Laine said. "There are things that happen, and there are sometimes girls that fall and trip; but you kind of just need to realize it'll happen in life."

THE CANADIAN PRESS

A model slips during the Mikhael Kale show at Fashion Week in Toronto on Monday. MARK BLINCH/THE CANADIAN PRESS

OUTERWEAR OR STATEMENT WEAR

Ditch your down fill: Montreal designer craves return to coats for every occasion

Marisa Minicucci believes it's time for coats to be the focal point of the wardrobe.

"It's the piece that every woman should really think (about) and re-evaluate, and make it the statement piece," said the veteran Montreal-based designer, with more than three decades of industry experience.

"The puffer (coat) is great and there's beautiful ones out there, but now it's time to return to a coat for every occasion."

Minicucci is the lead designer of new outerwear label Sosken Studios. Sosken is the Norwegian word for "sister."

With a glowing neon sign bearing the label's name at the entry to the runway, and miniature lights lining the walkway, Sosken unveiled a vast range of outerwear offerings each etched with distinctive details.

Coats were adorned with everything from epaulettes to houndstooth sleeves, with a rich assortment of colours and patterns for all tastes, including creamy neutrals and more richly-hued shades. THE CANADIAN PRESS

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JOHANNA SCHNELLER WHAT I'M WATCHING

HoC's maternal manipulation

THE SHOW: House of Cards, Season 4, Episode 10 (Netflix)
THE MOMENT: The Deathbed

In the cynical world of House of Cards, Claire Underwood (Robin Wright, left) may stand to benefit from the sympathy vote if her mother, Elizabeth (Ellen Burstyn, right), passes away before the election. CONTRIBUTED

Claire Underwood (Robin Wright), who's running for U.S. vice-president, is talking to her mother Elizabeth (Ellen Burstyn), who wants Claire to hasten her imminent death.

"When you were small, you would sit at that window every night, trying to make the sun rise all by yourself," Elizabeth says. "Your daddy would put you in bed after you'd fallen asleep with your face against the glass. I was so jealous."

"Of me and daddy?" Claire asks.

"That you believed you could make the sun rise," Elizabeth answers.

"I can't do it, Mother," Claire says. "I can't do what you want me to do."

"Claire," Elizabeth says flatly. "It would help you win."

I was relieved when this scene came along, because I was losing patience with this season, and this show. It's at once too cynical (there is not one decent soul in all of government) and too silly (a husband and wife running for president and VP? Come on).

House of Cards' strength, however, is scenes like the one above: the dramatization of how easily people are manipulated, even (or especially) if the end result is not in their best interests.

Its writers couldn't have anticipated the absurdist reality show that is Donald Trump. But both point up the risk of democracy. A vote is a vote, no matter how under-educated, narrow-minded or loopily sentimental the voter. As threatening as Frank Underwood (Kevin Spacey) tries to be, there is nothing more dangerous than a citizen with his/her hand on the wrong lever.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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FLOTUS sings goodbye song at SXSW

MICHELLE OBAMA

First Lady vows she won't slow down after White House

Michelle Obama showed off her vocal chops at the South by Southwest Music Festival but drew a round of disappointed sighs when she told the crowd she has no plans to run for president.

The first lady made her debut at the Austin showcase of buzz-worthy bands and technology on Wednesday, sitting with Grammy winners Queen Latifah and Missy Elliott to talk about girls' education and empowerment.

But Mrs. Obama broke into song when reflecting on seven years in the White House. She said "time is almost up" before softly singing some of the Boyz II Men hit "It's So Hard to Say Goodbye to Yesterday."

Mrs. Obama says she'll most miss interacting with people as first lady — but says she has no presidential aspirations of her own."No, no. Not going to do it," she told the packed convention centre crowd in liberal Austin.

She mentioned her teenage daughters, Malia and Sasha, as two of the main reasons.

"The daughters of a president. Just think about it. Come on, young people. Not so easy," Mrs. Obama said. "They've handled it with grace and with poise, but enough. Enough."

President Barack Obama opened the festival last week with a talk about civic engagement, becoming the first sitting president to attend SXSW in the festival's 30-year history. He weighed in on Apple's legal fight against the federal government over encryption, and told a crowd of tech enthusiasts that Republican lawmakers in Texas aren't interested in making voting easier.

Mrs. Obama steered clear of hot-button topics. She instead promoted her Let Girls Learn initiative. She also says she won't disappear from public view or slow down once she leaves the White House next year.

"Sometimes there's much more you can do outside the White House," Mrs. Obama said. "There's a potential that my voice can be heard by people who can't hear me now because I'm Michelle Obama, the first lady. I want to be able to impact as many people as possible in an unbiased way to try to keep reaching people. I think I can do that just as well by not being president of the United States.".

THE ASSOCIATED PRESS

American First Lady Michelle Obama speaks on stage during the SXSW Keynote. NEILSON BARNARD/GETTY IMAGES FOR SXSW

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Biological and chemical warfare hot topic on TV

IN LOVE AND WAR

Shows tackle consequences and personal involvement

The Americans stars Matthew Rhys and Keri Russell as expertly trained KGB spies posing as happily married parents who are tasked with stealing pathogens in Season 4. CONTRIBUTED

Despite being set in the 1980s, the spy drama The Americans has a reputation for storylines that shed light on present-day situations.

Starring Matthew Rhys and Keri Russell as expertly trained KGB spies posing as happily married parents, the series has covered everything from the Soviet-Afghan War to broader topics like teenage rebellion, divorce and religion.

The fourth season, which premiered Wednesday on FX Canada, centres on the all-too-real present-day threats of biological and chemical warfare, thanks to the addition of cast member Dylan Baker. The Good Wife actor plays William, a scientist and defector with enough clout to get his hands on lethal biological ammunition for Mother Russia.

Americans creator Joe Weisberg, head writer on the series, said the idea for this storyline came after they learned that the Soviets had spent decades building what he called a "tremendous amount of biological weapons in the event there was a nuclear exchange. They wanted a second set of weapons in case their nuclear weapons got wiped out.

"It seemed interesting and frightening. And also, because there have been so many movies and TV shows that have dealt with this topic, that made it very appealing to us because we love to subvert the genre," Weisberg said.

"How do we do a version of it that is our spies, whom we care about, living in suburban Virginia and having to deal with the frightening aspects but also the moral aspects of having to steal certain pathogens? How does that filter in our lives?"

Biological and chemical warfare have routinely infiltrated entertainment programming just as they are lead newspaper headlines and TV newsmagazine reports. They've popped up in series as diverse as The 100 and Blindspot.

Upcoming series Containment, which will soon air on Global, deals with the aftermath of a viral outbreak started under mysterious, possibly terrorism-related, circumstances. (And, as the most ardent connoisseurs of hate-watch TV will tell you, the U.S. Marine Corps' supposed use of sarin was a catalyst for another story in the second season of The Newsroom in 2013).

The most recent season of Homeland featured a character tortured with sarin gas. CONTRIBUTED

But biological and chemical weapons stories lend themselves especially well to the espionage genre. The most recent season of Homeland featured a character tortured with sarin gas as well as a plot to leak the same substance through a Berlin subway station.

In an interview with Homeland executive producer Alex Gansa, the Wall Street Journal reported that the second story line developed after a "meeting with a member of the coalition of nations tasked with eliminating Syria's stockpile of chemical weapons."

In April, AMC will premiere The Night Manager, a co-production with the BBC that is currently airing in the U.K. The series is an update of the 1993 John le Carré novel, featuring Hugh Laurie's Richard Onslow Roper — also described as "the worst man in the world" — as a black market dealer of arms and chemical weaponry. Meanwhile, his public persona is that of a self-made philanthropist who runs refugee camps and delivers TED-style talks. Tom Hiddleston also stars as Jonathan Pine, an agent working to bring down Roper.

AMC declined to comment for this story, but Laurie addressed the idea of showing the behind-the-scenes mechanics of arms deals (and the megalomaniacs who profiteer from them) during The Night Manager's Television Critics Association press day in January in Pasadena, Calif.

"The violence that he does, the violence that he brings to the world and profits from, may as well (be) psychotic," Laurie said of Roper, adding, "It's not good for one's sanity, I think, to be able to operate unopposed, and this is a man who has created a world for himself where he can operate unopposed, unchallenged."

With The Americans, the situation is less glamorous. Although the series is full of wigs, disguises and false personalities, it remains a show about the people on the ground and what they are giving up in the name of what they are taught is the greater good.

"The whole trope of the spy genre is how exciting it is to be a spy; you want to be James Bond. And the whole concept of this show is how awful it is to be a spy because spies are soldiers," said executive producer Fields.

"You can make a war film that makes war seem heroic, but you talk to anybody who's actually been on the front line, and they can believe completely in the justification of their cause and the righteousness of their battle, but nobody wants to be at war."

TORSTAR NEWS SERVICE

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Screen designed by Kimu showcased at Maison & Objet Asia

MEET THE CONDO

Axis: Easy access to everything

Project overview

This 72-unit condo style townhome project is located in popular southeast Calgary, which features easy accessibility and mountain views. Professionally selected colour palettes and a fantastic selection of upgrades are available including granite, hardwood, heated bathroom floors and many more.

Location and transit

Its location in the 5,000-acre smart growth community of Walden is one of the most sought after communities in southeast Calgary with accessibility to downtown Calgary through Macleod Trail and access to Deerfoot Trail not too far away. For a trip out of town, Highway 22 is just around the corner. There are many bus routes.

Building amenities

Three different styles to choose from and including some with vaulted ceilings, contemporary finishings with a basement option. There are also single garages, double garages and tandem garage options to choose from. KRISTA SYLVESTER/ FOR METRO

In the neighbourhood

The community of Walden features grocery stores, drug stores, restaurants, coffee shops, hair/nail salons, banks and many more. The area is loaded with walking paths, parks and ample greenspace, which is perfect for walking, biking and outdoor recreation.

CONTRIBUTED

NEED TO KNOW

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Location: Walden Grove S.E
Building: 2 storey townhouse-style condo with basement option
Sizes: 1193 square feet, 1425 square feet and 1482 square feet
Pricing: Starting at $325,000 and up
Suites: Two and three bedroom units
Status: Under construction
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1 PRE-SELLING

Riverhouse by FRAM + Slokker: Located along the river in Calgary's booming East Village, Riverhouse is a unique condo project that features just a dozen luxury residences. With breath-taking views and a historical atmosphere, this project will complement East Village perfectly. CHECK OUT THE SALES CENTRE AT 553 RIVERFRONT AVE. S.E.

2 NOW SELLING

GLAS by Avalon: Don't miss your first chance to see what GLAS has to offer with one-bedroom, two-bedroom and three-bedroom units close to the eclectic lifestyle of Marda Loop.

CHECK OUT THE PRESENTATION CENTRE AT 102, 1808 27 AVE. S.W OR VISIT LIVINGGLAS.COM FOR MORE INFORMATION.

3 PRE-SELLING

STEPS in Bridgeland: This collaborative project is designed by award-winning architect Jeremy Sturgess and is set to transform the landscape of Bridgeland with its 122 contemporary townhouses.

VISIT THE DISCOVERY CENTRE AT 921 -1ST AVE N.E.

SAFETY

Tips to keep feathered pals from hitting glass panes

With a house close to the Eastern Pennsylvania woods — and the wildlife that lives there — Jeff Acopian wrestled with a problem that afflicts homeowners around the world.

"Birds were hitting our windows and dying," the Easton resident says. "And we didn't like it." An engineer by profession and a naturalist at heart, Acopian came up with a solution: Acopian BirdSavers, a fixture that involves dangling pieces of parachute cord in front of windows to keep birds from flying into them.

"It sounds pretty bad when you tell someone to hang strings on their front window," says Acopian, who nixed his original remedy, hanging strings of beads, because it made his house look like "a hippie pad."

"But when people actually see it, it is not objectionable at all," he says.

BirdSavers (at birdsavers.com) is one of a growing number of options available for folks who want to keep birds from crashing into their windows but don't want to hurt their home's curb appeal in the process.

A window fixture uses parachute cord to deter birds from flying into the trees and bushes they see reflected in the glass. ACOPIAN BIRDSAVERS/THE ASSOCIATED PRESS

Christine Sheppard, who runs the bird collisions campaign for the American Bird Conservancy, cites a range of relatively simple ready-made products — BirdSavers, window tape and external screens among them — as well as DIY fixes like washable window paint or hanging branches in front of windows.

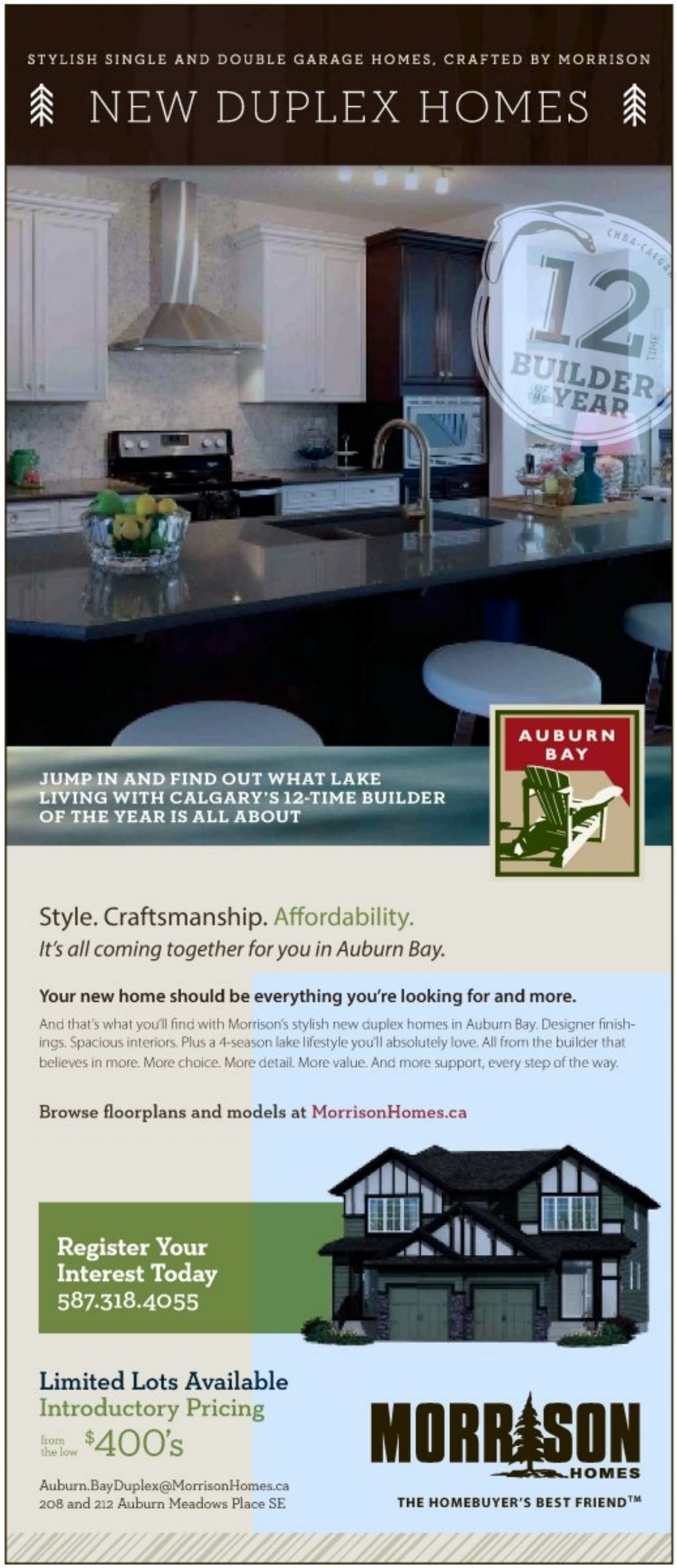
These solutions are effective enough while also being subtle.

"You can reduce collisions without making your house ridiculous," Sheppard says.

While bird collisions are hardly new, she says, the magnitude of the problem is increasing, largely due to more widespread urbanization and a trend toward larger panes of glass in both residential and high-rise construction.

Birds are either fooled by the transparency of the glass, or believe the reflections they see in them — trees, shrubs and the like — are real, and die trying to reach them, she says.

THE ASSOCIATED PRESS



METRO SPACES

Your walls have to be prepared for anything

Life is hectic and your home is there to play host to all of it. Your walls must be prepared for anything; from big family get-togethers or kids' play dates, to days of furniture rearranging and room makeovers.

A good coat of paint is necessary to help your home stand up to wear. Beyond just colour consider these key factors when selecting the right paint that meets the needs of your home.

Washable
Look for a paint that is durable and withstands repeated washing. You want the peace of mind that a quick wash will leave your walls looking as fresh as the day they were painted.

Stain resistance
When the kids decide to turn your living room wall into a colouring board or when things get a little messy in the kitchen you want to feel confident that the crayon, spills and scuffs aren't permanent.

Time saver
Painting can be easier and quicker than you think. Learning the proper technique for cutting in will save a lot of time because it will eliminate the need for tape on baseboards and trim. Also finding a paint and primer all-in-one will save you a few coats and valuable time.

Lasting colour
Even with a few time savers, you want your colour to last. If you find your colour losing its vibrant hue over time, fading or yellowing, look for a higher quality paint with technology built in to prevent discoloration, such as HGTV Home by Sherwin-Williams which features the Precision Colour Promise.

Today's paint technology has come a long way and HGTV Home's Showcase line features all the above features with ResiStain Technology, paint-and-primer in one and Uniform-Flow technology making it easy to apply with better coverage and easy clean up.

Once you have picked the perfect colour, choose a paint that can withstand the daily stains and scuffs that come with kids and pets so your home looks beautiful for years to come.

-NEWS CANADA

ISTOCK

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Art of finding the right floor

Whether you're building a new home or renovating, your new floor is a keystone piece of your home.

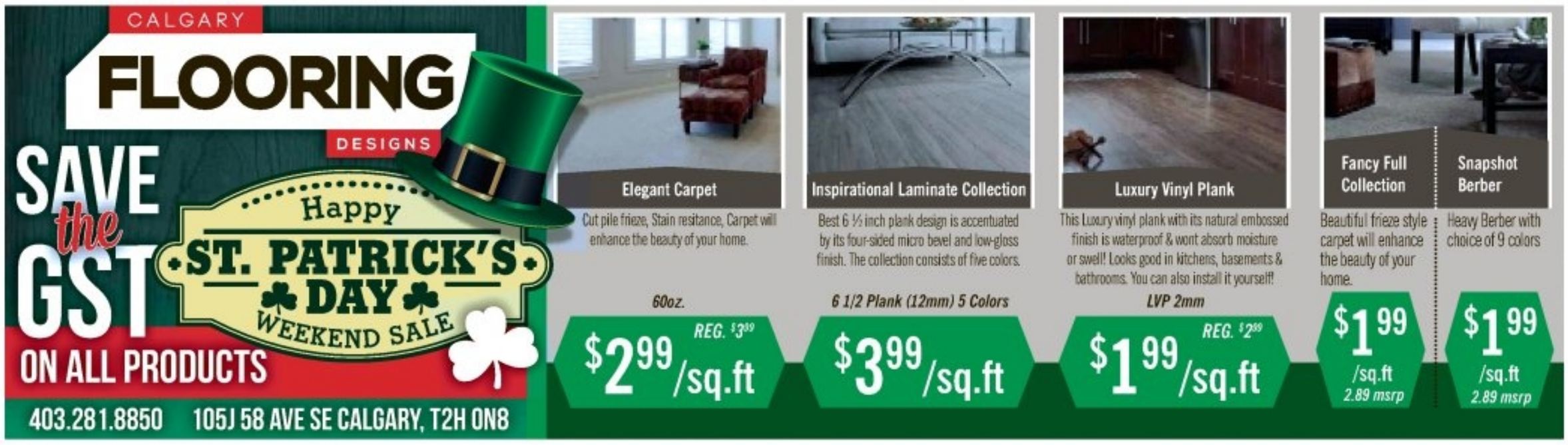
It's how you express your personality — cool slate, warm cork, bright beech, endure-anything laminate, and many more choices. Whatever your style, there's something that's going to fit perfectly into your home that suits you, your activities and your budget.

But how do you choose the right floor? Find an expert to help, says Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary. Their gallery features one of the largest selections of quality flooring in the city, including hardwood, engineered hardwood, carpet, laminate, and tiles.

"Find an expert who will take the time to show you the range of options available within your price range," Sangster explains. "Our staff are knowledgeable and never pushy. Our goal is to help you leave with the right floor that's going make you happy for years to come."

Your choice of floor should depend on a variety of factors, says Sangster. How many people live in your home? Do you have young kids or pets? What are your design sensibilities?

"Having someone who can help you find your way around the hundreds of flooring styles, materials and colours available is crucial," says Sangster. "We're there for anyone who is looking for a place to start."



Low lending rate creates temporary haven

For the last five years, Attainable Homes Calgary Corporation has been helping moderate-income Calgarians grab their first rung on the real estate ladder.

As its name suggests, this city-owned non-profit group works with local developers and mortgage specialists to build, price and sell condos and townhomes that are within the grasp of a growing demographic: career-oriented yet cash-strapped Calgarians. The recent interest rate reduction has provided an even greater incentive for anyone looking to break out of the rental rut and own a home of their very own.

"The time for Calgarians to take advantage of our program has never been better," comments Attainable Homes Sales and Marketing Manager Tara Cooney. "Since we began, our mandate has always been to provide renters with a host of incentives to get into home ownership. Now that interest rates are temporarily low, our offer has become even more attractive."

CONTRIBUTED

Cooney shares a few figures to underscore how even minor interest rate hikes can significantly bump the bottom line. Currently, a $250,000 five-year fixed rate mortgage with Attainable Homes means monthly payments of $1143. At the end of five years, the mortgage balance would shrink to $212,444. However, an increase of just one per cent in the lending rate would see homeowners pay $130 more every month, adding $4,000 to the balance over the same five year period.

"The present economic situation has gotten a lot of people down," admits Cooney, "but I remind them that in many ways this situation can work to their advantage. For the time being, lending rates and the real estate market in general have definitely shifted in favour of new Attainable Homes buyers. This quite literally puts thousands of dollars back into their pockets."

In addition to below-market home prices and access to preferred lenders, Attainable Homes also provides forgivable down payment loans to all qualified applicants.

"This is an ideal offer — at a perfect time — for many Calgarians," shares Cooney. "We've effectively eliminated the major obstacles standing in the way of buying a home. We provide the down payment. We arrange one-on-one meetings with mortgage specialists. We offer gorgeous, ultra-affordable homes in great neighbourhoods. And for the time being, low interest rates make Attainable Homes an even smarter investment."

Cooney encourages anyone looking to get out of the rental rut to visit AttainYourHome.com. "Owning a home — a nice home in a nice neighbourhood — is a pretty universal dream," adds Cooney. "We make this dream an actual, attainable reality for Calgarians every day."

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Trouble having a good night's sleep?

There are a few essentials in life that are worth getting right. Alongside the other needs of a happy life — good diet, supportive friends and loved ones and a good job — you need a good mattress, according to Charlie Gouldsborough, owner of Simmons Mattress Gallery in Calgary.

"A great mattress is your secret weapon to a happy and healthy life," Gouldsborough explains. "It's something you need every single day. You're at your best after a great night's sleep."

Simmons Mattress Gallery is a family-run, Calgary-based company that has been around for 16 years offering made-to-order mattresses that are constructed to each client's specifications, so they're custom-made to deliver the sleep you need. When visitors walk into the showroom, they can browse and test many different kinds of top-quality brands and mattresses. The store's knowledgeable sales staff take the time to answer questions and help you find the right mattress for you.

The company does not stock a warehouse full of mattresses ready to be sold, so whenever a customer orders, their mattress is made fresh for them in Calgary. Delivery is simple and streamlined too. The moving team is specialized in moving and delivering furniture and bedding and delivers with exceptional service and care. They tailor their delivery time to your needs, working around your schedule and availability to receive the delivery.

They make sure the mattress is delivered to and unwrapped in the room of your choice, to ensure you don't have to do further work or lifting once the mattress is in your home. And of course they remove their shoes at the front door.

"We get rave reviews from our clients for our outstanding service from start to finish," says Gouldsbourgh. "We aren't about gimmicks or goofy sales tactics. Our customers get a high quality, reliable product that will get them a great night's sleep."

Simmons Mattress Gallery is located at 7145 11 Street SE in Calgary. Find the store online at agoodnightsleep.ca.

ISTOCK

AN UNMATCHED CONDO LIFESTYLE

CONTRIBUTED

Perfectly situated in Mahogany, Calgary's best-selling new community, Sandgate by Hopewell Residential is an affordable, stylish condo development.

Steps from Mahogany lake, and within walking distance of pathways, greenspace, confirmed future retailers and more, Sandgate in Mahogany offers an unmatched condo lifestyle.

"Sandgate offers the opportunity to own a stylish and affordable home in Mahogany, which has been named Canada's Community of the Year," says Hopewell's marketing manager Nicole McLaws. "This four-building development offers unparalleled design style, upscale shared spaces, and appealing amenities, all with prices from the low $200,000s, including GST."

This affordable price comes complete with incredible features, such as 10 floor plan options to choose from, in addition to a selection of designer-curated finishings and options. A fitness centre, lending library, guest suites, private barbecue patios and Great Lawn enhance the appeal of Sandgate, both indoors and out.

"Standard features include nine-foot knockdown ceilings, Whirlpool appliances — including a washer and dryer — and an insulated parkade, plus so much more," McLaws says. "Sandgate has been expertly designed to be rich in character, design and livability, both inside the suites and outside."

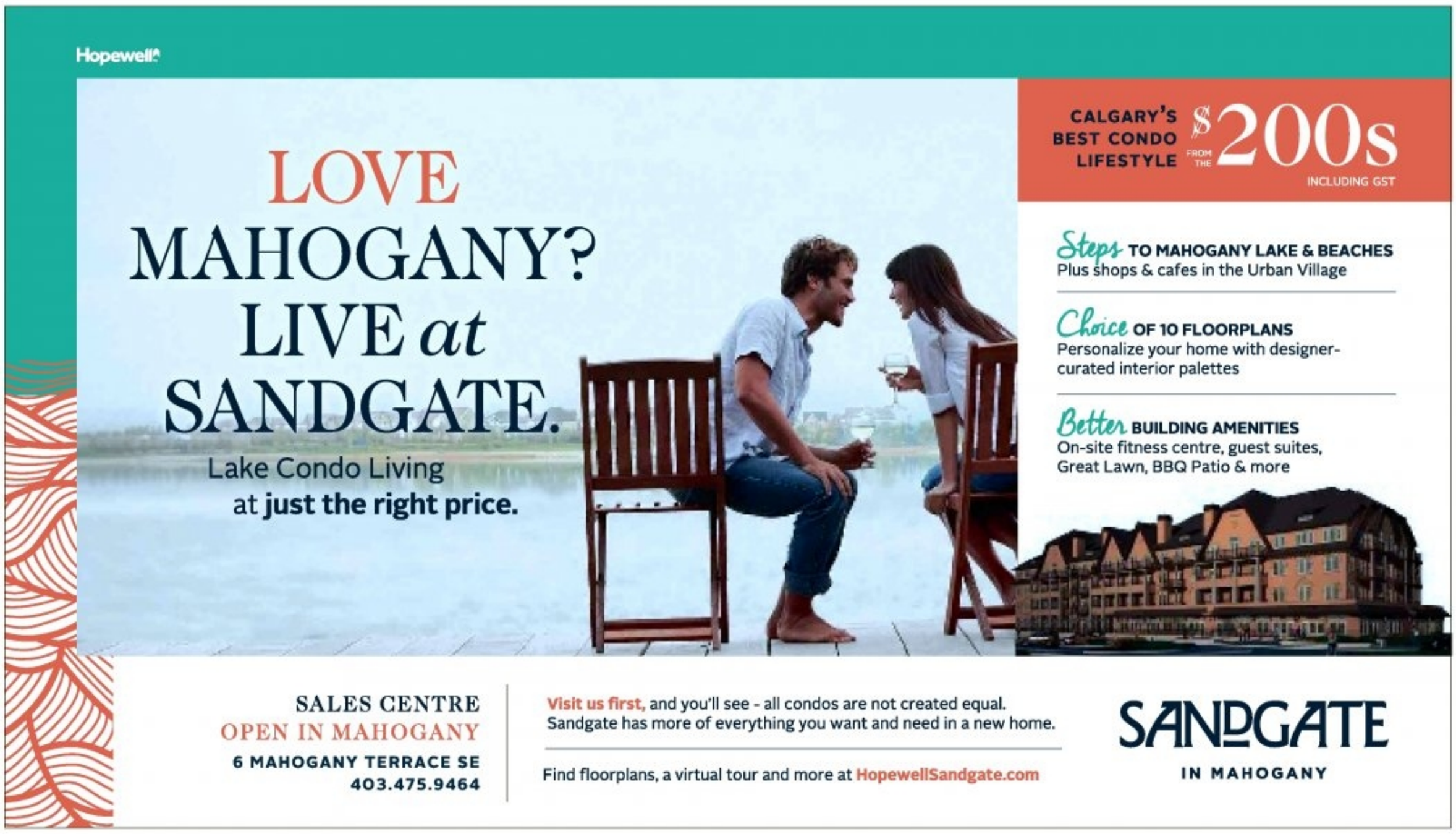
Sandgate has recently been named a finalist in multiple SAM Awards categories, and is located in award-winning Mahogany, a southeast community that boasts Calgary's largest lake, a 22,000 sq. ft. residents' Beach Club, 74 acres of preserved wetlands, playgrounds, walking paths, greenspace and more.

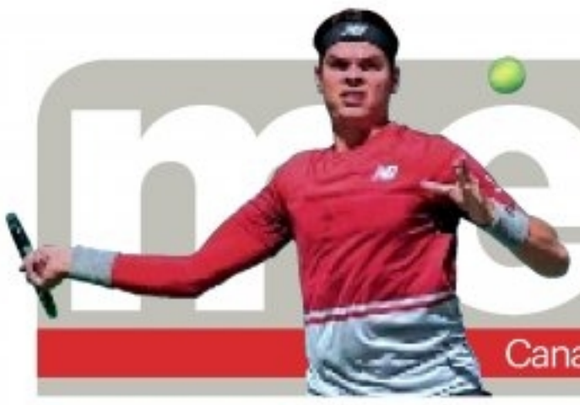
"Sandgate homeowners will be able to enjoy lakeside living at its best, all year round," McLaws says.

"A residents' Homeowner's Association means year-round events and programs, while the incredible selection of recreational amenities makes it so easy to enjoy an active lifestyle. Even better, the future Greenline LRT is slated to have a station in Mahogany, and we have retailers confirmed for our under-construction Urban Village, including grocery stores, restaurants, banks and more to come."

Sandgate in Mahogany condos are now under construction, with building one of the four-building development taking shape. One- and two-bedroom floorplans are available, with a wide selection of floorplan options and designer-curated finishings.

Visit the Sandgate Presentation Centre at 6 Mahogany Terrace S.E., for details, or go to hopewellsandgate.com.





metro SPORTS

Canada's Milos Raonic advanced to the quarter-finals of the BNP Paribas Open with a 6-4, 7-6 win over Tomas Berdych

Brothers Hamilton reunited

NHL

Flames Dougie and Freddie played at world juniors together

Four years after wearing the red Maple Leaf together at the Saddledome, the brothers Hamilton have been reunited by the flaming "C".

The Calgary Flames called up Dougie Hamilton's older brother, Freddie, on Wednesday from their American Hockey League affiliate in Stockton, Calif.

The siblings were on the ice for a morning skate at Scotiabank Saddledome. Dougie awaited word on whether Freddie would join him in the Flames lineup for Wednesday night's game against the Winnipeg Jets.

"We've known of the possibility since we both got to the same organization," Dougie said. "It's something we've thought about for a long time and kind of pictured happening and dreamed of. "It's pretty cool to be in the same room right now and on the ice together again."

The Flames acquired Dougie Hamilton in a major trade with the Boston Bruins in June 2015, and promptly signed the 22-year-old defenceman to a six-year deal.

Flames general manager Brad Treliving dealt a conditional draft pick to the Colorado Avalanche for Freddie Hamilton's rights in October and assigned the 24-year-old forward to Stockton.

The last season the Hamiltons were teammates was in 2012, when bothwere with the OHL's Niagara IceDogs and Canada's team at the world junior men's championship in Edmonton and Calgary.

With the Flames' dressing room as their digs, Canada lost a wild semifinal 6-5 to Russia despite scoring three goals in the third period. The host team settled for the bronze medal with a 4-0 shutout of Finland. "We were very fortunate to play junior together and that world juniors here was the best experience for us so far in hockey," Freddie said. The brothers were born in Toronto and spent their teens in St. Catharines, Ont., where the IceDogs are based.

Calgary Flames' Freddie Hamilton, left, and his brother Dougie Hamilton on Wednesday in practise. THE CANADIAN PRESS

Parents Doug and Lynn, former Olympic athletes in rowing and basketball respectively, were en route to Calgary on Wednesday.

"It's great for us too, but we really want to make this moment for them too because of all they've done for us," Freddie said.

The ninth overall pick in the 2011 draft by the Bruins, Dougie Hamilton jumped directly from major junior to the NHL. Treliving gave up three draft picks, including a first-rounder, to land the six-foot-five, 212-pound defender.

Freddie Hamilton, at six-foot-one and 190 pounds, has spent most of his pro career in the AHL trying to gain a foothold in the NHL.

"I think I'm definitely ready to come up and contribute," Freddie said. "It's up to me to try to prove that." A 2010 fifth-round pick of the San Jose Sharks, Freddie Hamilton played 12 NHL games with the Sharks before being dealt to the Avalanche. He had a goal in 17 games for Colorado last season.

> **It's pretty cool to be in the same room right now and on the ice together again.**
> Dougie Hamilton

He has 16 goals and 19 assists in 53 games for Stockton this season.

"I'm not going to pump him up too much but he'll be fine.," Dougie said. "He's played a lot of games in the NHL and it's going to be fun to play together and be in these jerseys together."

THE CANADIAN PRESS

NHL FLAMES AIMING TO SHOOT DOWN JETS Jets' Drew Stafford, centre, tries for a loose puck as Flames' Deryk Engelland defends and goalie Joni Ortio looks on during first period in Calgary. For the result of this game and more visit metronews.ca. THE CANADIAN PRESS/JEFF MCINTOSH

HOCKEY

Byron earns Habs OT win

Paul Byron scored at 3:15 of overtime to lead the Montreal Canadiens to a 3-2 victory over the Buffalo Sabres on Wednesday night.

Andrei Markov and Greg Pateryn scored in regulation and Ben Scrivens made a season-high 41 saves for the Canadiens, who snapped a two-game losing streak. Zach Bogosian and Marcus Foligno had goals for Buffalo and leading scorer Ryan O'Reilly had an assist in his first game back after 11 games off injured.

THE CANADIAN PRESS

Bettman not debating CTE after NFL admission

The NHL won't comment on an NFL executive's recent acknowledgment the brain disease CTE can be linked to football, because it's not "necessary or appropriate".

When asked at the GMs meeting to comment, Gary Bettman stuck to his position that the league isn't going to get into a public debate. THE CANADIAN PRESS

Patriotes' Asselin named top university player

Guillaume Asselin, a high-scoring forward at the University of Quebec at Trois-Rivieres, was named the top player in Canadian University men's hockey Wednesday night.

The business student and Patriotes player from Quebec City led the country in goals (27), points (47) and game-winning goals (six) in 28 league games. THE CANADIAN PRESS

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Rocky View County

CrossIron Mills

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55 Wheatland Trail

COLLEGE BASKETBALL

Canucks to watch amid the Madness

Canadian basketball players have been starred in the NCAA, and this year's crop is no different. Here are five players to watch in NCAA's March Madness:

Jamal Murray, Kentucky

The 19-old-year guard from Kitchener, Ont., has quickly become one of the finest players ever to represent the storied Wildcats program.

He's the highest scoring freshman in school history and leads the team with 20.1 points a game.

He's also a proven big-game performer, helping Canada to a silver medal at last summer's Pan American Games. He's earned the nickname "Blue Arrow" for his bow-and-arrow celebration.

Dillon Brooks, Oregon

The forward from Mississauga, Ont., helped the Ducks to their first-ever No. 1 tournament seed. Brooks' improvement in his sophomore season has seen him start every game and lead the team in scoring (17.1 points), while shooting 47 per cent from the field.

His standout regular season saw the Canadian national team player earn All-Pac 12 honours.

Dyshawn Pierre, Dayton

The senior forward from Whitby, Ont., has bounced back from a suspension that sidelined him for the fall semester to lead the Flyers in rebounding (8.6). He is second in scoring (13.0).

Pierre has been a solid contributor to a team that has made three straight tournament appearances.

He also was part of the star-studded Canadian under-17 team that won bronze at the 2010 world championships.

Kia Nurse, Connecticut

The 20-year-old from Hamilton became a household name last summer when she led Canada to Pan Am Games gold and carried the Maple Leaf in the closing ceremonies.

She'll be in the international spotlight again at this summer's Rio Olympics. Nurse has started every game this college season as a major contributor to a Huskies team (32-0) that's seeking an unprecedented fourth consecutive women's NCAA title.

Ruth Hamblin, Oregon St

The six-foot-six "Canadian Hammer" from Houston, B.C., was named the Pac-12's defensive player of the year for the second consecutive season, and recently broke the conference record for blocks.

Hamblin is averaging 11.4 points, nine rebounds, and 3.41 blocks per game. THE CANADIAN PRESS

Jamal Murray THE ASSOCIATED PRESS

IN BRIEF

Gossage lays low after blasting Jays' Bautista

After making comments critical of some leading Blue Jays, instant replay in baseball and Carolina Panthers quarterback Cam Newton, Hall of Famer Goose Gossage was not at Steinbrenner Field on Wednesday night when Toronto played New York.

Gossage, a Yankees spring training instructor, criticized Blue Jays star Jose Bautista last week for his bat flip during last year's playoffs, calling him "a disgrace to the game." THE ASSOCIATED PRESS

Bayern back from the dead to down Italians Juventus

Thomas Mueller equalized in the first minute of injury time and Bayern Munich scored two more goals in extra time to complete a thrilling comeback for a 4-2 victory over Juventus and a place in the Champions League quarterfinals on Wednesday. Elsewhere Barcelona's big three of Lionel Messi, Luis Suarez and Neymar all scored to beat Arsenal 3-1, sending the defending champions into the quarterfinals. THE ASSOCIATED PRESS

New Kiwi may take charge of Canucks men's set-up

Rugby Canada is reportedly tabbing another New Zealander to coach the men's national team with reports that former Ulster, Auckland and New Zealand under-20 coach Mark Anscombe has been offered the job. THE CANADIAN PRESS

GMs take a look but leave lottery to luck

NHL

No appetite to change draft order system as Oilers thrive

The Edmonton Oilers are just two points ahead of the last-place Toronto Maple Leafs entering action Wednesday and stand a fair chance of landing the first overall pick for the fifth time in seven years.

But evidently there's no appetite amongst the league's GMs to tweak the rules regarding the draft lottery.

"There was no sentiment to make a change right now," NHL commissioner Gary Bettman said following the third and final day of the GM's meetings.

The NHL shifted the lottery system two years ago, implementing changes that lowered the odds of lottery success for the league's worst teams. The process this year will see three lotteries performed for the top three picks.

Auston Matthews is widely expected to be the first pick in the 2016 NHL draft. RONI REKOMAA/GETTY IMAGES

"There's no incentive to lose now," said Ottawa Senators general manager Bryan Murray. "They're used to be.

"Now the odds are not necessarily in your favour. You get (a) 20 per cent chance. The Toronto Maple Leafs, if they happen to be the (last-place) team, they have 20 per cent chance only. I think anybody that questions it now is wrong."

Some general managers, including St. Louis's Doug Armstrong, expressed interest in devising a rule that prevented teams not last in the standings from winning the draft lottery multiple times in a short period.

"The theory is that if you finish last you always have a chance to win the lottery," Armstrong said. "But if you didn't finish last and win the lottery, you can't do it again for another five years."

That would have limited future scenarios such as the one that saw the Oilers, third-last overall last season, land the top prize in Connor McDavid in 2015 after picking first in 2010, 2011, and 2012.

The plan seemingly didn't gather much support. That could change, though, if Edmonton happens to land the first overall pick again this year with another prize in Auston Matthews available.

"Things like that happen when you have a lottery," Bettman concluded. THE CANADIAN PRESS

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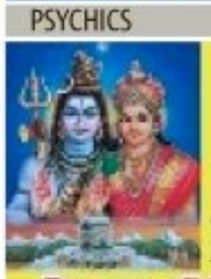
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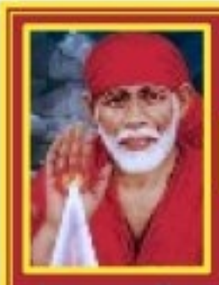
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RECIPE Shrimp and Vegetable Spaghetti

Ceri Marsh & Laura Keogh
For Metro Canada

PHOTO: MAYA VISNYEI

This dish is chock full of vegetables and herbs but, more importantly, it yields lots of leftovers.

Ready in
Prep time: 20 minutes
Total time: 50 minutes
Serves 8 to 10

Ingredients
- 1 yellow zucchini, sliced in half lengthwise
- 2 portobello mushrooms, stems removed, caps scooped and halved and then cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 Tbsp butter
- 1 lb thawed peeled deveined shrimp
- 1 box of spaghetti
- 2 large meaty tomatoes, sliced into chunks
- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese, plus some of its water
- 1 handful fresh chopped basil

Directions
1. Preheat oven to 400 F.
2. Toss the zucchini, mushrooms and red pepper with 2 Tbsp of olive oil, balsamic vinegar, 2 cloves of garlic, oregano and rosemary to coat.
3. Place vegetables on greased pan and roast in the oven; turn vegetables once and cook until tender, about 30 minutes.
4. Remove to platter and allow to cool slightly so you can handle them to slice. Slice the vegetables into bite size pieces.
5. In a large skillet over medium heat, add butter and two cloves of garlic and cook until aromatic, about 1 minute. Add the shrimp and cook until they are pink, about 5 minutes. Remove the shrimp and juices from the pan and set aside.
6. Meanwhile, in a large saucepan of salted boiling water, cook pasta according to package directions. Drain and place the pasta in a large mixing bowl.
7. Drizzle the rest of the olive oil into the pasta. Toss the vegetables, as well as the shrimp and their buttery juices into the spaghetti and serve with feta and basil.

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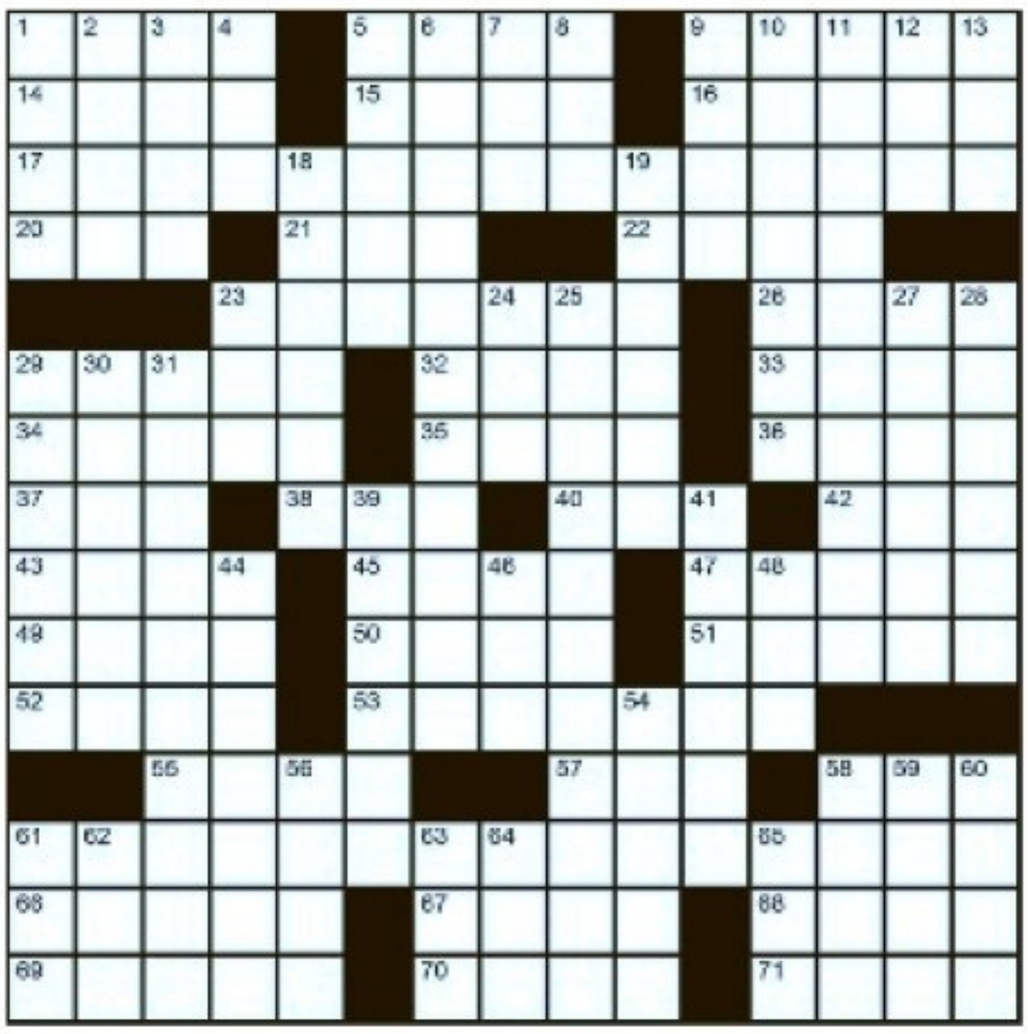
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Irish _ of Tara (Arms of Canada symbol)
5. Performs pluses
9. Uncle on "Full House"
14. Give _ _ (Theatrically prompt)
15. Actress Jessica
16. Currency exchange fees
17. Irish playwright Samuel Beckett's famous production: 3 wds.
20. Canadian ID
21. Ms. Ryan
22. Art Deco designer
23. Chesterfield components
26. Chemical suffixes
29. Zep's "Whole _ Love"
32. Not masc./ Not fem.
33. Trigonometry ratio
34. Shreddies-eater's need: 2 wds.
35. Reaper's adage, "_ _ sow, so shall..."
36. Ernest G. Bilko's rank [abbr.]
37. Rock logo insurance co.
38. Residue variety
40. LPs replacers
42. Big song
43. Knight titles
45. Fizzy beverage
47. "Me, Myself & _" (2000)
49. Architect Mr. Saarinen
50. Banned orchard spray
51. Tightwad
52. Trim
53. Sculpture like the real one
55. Ms. de Matteo
57. Roxy Music's Brian
58. Diving bird
61. Dublin's plays place, founded in 1904: 3 wds.
66. Sir William Cornelius Van _ (Canadian Pacific Railway bigwig in the 1800s)
67. Ghost's cry!
68. Stockings
69. Question-answering options, _ _ No
70. "Michelle ma belle / _ les mots..." - The Beatles
71. Traverse

DOWN
1. Hems and _ (Hesitates)
2. Amazon Rainforest berry
3. Destroy
4. 15th Prime Minister's monogram
5. Daisy Mae's beloved
6. Song by Cdn. rock group Big Sugar: 3 wds.
7. Word's li'l meaning
8. _-mo replay
9. Florida Panthers player Jaromir
10. Me Me ...and more Me
11. Fries and coleslaw: 2 wds.
12. Sault Ste. Marie's nickname, The _
13. East: French
18. Antelope of Africa
19. Caught one's breath
23. Queen _ _. (Toronto thoroughfare)
24. Super _ (Old video game console by Nintendo, commonly)
25. Governor of Quebec, Sir _ _ aka Lord Dorchester (b.1724 - d.1808)
27. Fire truck
28. Irish _ (Sporting dog)
29. Expires
30. Comedian Conan
31. Lists of backstage demands in the world of rock: 2 wds.
39. Divine beetle in ancient Egypt
41. Big lake in Ontario
44. Maria Callas' voice
46. _ of luxury
48. River inlet
54. _ _ water (Up the proverbial creek)
56. Celebrity hairstylist Jose
58. Above
59. Constellation, _ Major
60. Really interested
61. Bible's 'your'
62. Gardening tool
63. Egg-shaped-packaging beauty brand
64. "_-hoo!"
65. Sneeze starters...

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't get emotional over things you can't control. The state of the world may at times upset you but there is only so much you can do on your own. Use the talents you were born with to help those less fortunate.

Taurus April 21 - May 21
If you have to disappoint a friend then so be it — there's no point tying yourself in knots because you don't want to hurt their feelings. Sometimes you have to speak the truth.

Gemini May 22 - June 21
There have been storm clouds in your life of late but the outlook is improving and in a week there will be plenty of sunshine in your life. On the work front, don't be confrontational.

Cancer June 22 - July 23
You are under fortunate stars but your negative attitude is making things look worse than they are. A difficult situation will work itself out, so don't give in to doom and gloom.

Leo July 24 - Aug. 23
What is amusing to you may not be funny to everyone else, so don't laugh too loud or too long or you could offend people. Not everyone is as laid-back as you Leo.

Virgo Aug. 24 - Sept. 23
If you must point out where others are going wrong at least do so with tact. If you come across as rude and uncaring you will lose the support of colleagues who could have and should have been friends.

Libra Sept. 24 - Oct. 23
There have been major changes in your life but soon you'll understand why they had to happen and how they'll benefit you. Find reasons to smile — then have a wild weekend!

Scorpio Oct. 24 - Nov. 22
Travel and social plans may get delayed today but there's no point getting annoyed. If someone lets you down just accept it — it's hardly the end of the world.

Sagittarius Nov. 23 - Dec. 21
Don't be discouraged if what you've been working on these past few weeks does not seem to be making much progress. Keep plugging away and you'll get the breakthrough your efforts deserve.

Capricorn Dec. 22 - Jan. 20
It may be wise not to make your plans public until you're 100 per cent sure you're going to go through with them. The more people who know about them, the more unnecessary pressure you will put on yourself.

Aquarius Jan. 21 - Feb. 19
You may have a lot of tedious tasks to take care of but they won't feel like such a chore if you share the load. Call in a few favours.

Pisces Feb. 20 - March 20
If the route you were planning to take is blocked don't get angry about it — most likely it is the universe's way of telling you that you should be taking a different path. Few things in life happen without a reason.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1				5			
3			1	9		2		
				4			5	
	5		8					6
	9	7				8	1	
6					1		3	
	8			1				
		2		6	8			3
			2				7	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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5	4	7	2	1	9	6	8	3
9	1	8	3	6	5	4	2	7
3	2	6	7	4	8	5	1	9
1	3	9	5	8	4	2	7	6
4	7	2	6	3	1	9	5	8
6	8	5	9	2	7	3	4	1
8	6	1	4	5	3	7	9	2
7	5	3	1	9	2	8	6	4
2	9	4	8	7	6	1	3	5

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